

## Super Healthy Kids Weekly Meal Plan

July 9-13, 2012

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Nectarine and yogurt parfait	Avocado egg sandwich Watermelon	Celery and apples with peanut butter and raisins	Black bean and fresh corn enchiladas Cantaloupe
<b>Tuesday</b>	Egg with peppers and potatoes	Pasta salad with tomatoes, zucchini, and feta	Nectarine slices with yogurt dip	Grilled chicken Spinach salad with fresh corn and blueberries Crusty bread
<b>Wednesday</b>	Plum Oatmeal	Chicken sandwich with leftover crusty bread Corn	Trail mix	Stuffed Jumbo shells Green salad
<b>Thursday</b>	Nectarine Smoothie Whole Wheat Toast	Antipasto lunch	Apple slices, berries, and fresh strawberry dip	Plum Glazed Pork Tenderloin Walnut Rice Pilaf Sauteed Spinach
<b>Friday</b>	Banana nut waffles	Plum glazed pork wraps	Leftover smoothie pops	Homemade Pizza Watermelon slices Green salad

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- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- plus all the recipes to these meals on one PDF

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