

Super Healthy Kids Weekly Meal Plan

June 25-29, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Peanut Butter Toast <i>Fresh Berries</i>	Turkey Avocado Sandwich <i>Grapes</i>	Yogurt and berries	Crustless Veggie Quiche <i>Fruit Salad</i>
Tuesday	Hearty Egg Scrambled <i>Orange Juice</i>	Grilled Veggie Panini	Cheese Cubes and Veggie Sticks	Apricot Chicken over Couscous <i>Sautéed Zucchini and Onions</i>
Wednesday	Strawberry Almond Oatmeal	Mandarin Chicken Salad Lettuce Wraps	Air pop Popcorn and Grapes	Avocado Orzo Salad with Spicy Buttermilk Dressing <i>Watermelon</i>
Thursday	Blueberry Coconut Milk Smoothie	Leftover Orzo Salad <i>Watermelon</i>	Cucumber Slices with Hummus	Baked Pasta with Spinach and Lemon <i>Roasted Green Beans</i>
Friday	Oven Baked Orange French Toast	Tuna Salad with Crackers <i>Apple Slices</i>	Blueberry coconut sorbet (with leftover smoothie)	Tilapia with Avocado Mango Salsa <i>Rice and Roasted Broccoli</i>

For more meal plans, recipes, and photos of every meal, check out our meal planning membership site at Myhealthymealplans.com!