

Super Healthy Kids Weekly Meal Plan

May 14-18, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Cinnamon Oatmeal with cranberries	Whole Wheat Roll Jicama Salad with Dried Blueberries	Hard boiled egg and string cheese	Grilled steak with baked potato and green salad
Tuesday	Lemon Lime Smoothie plus scrambled eggs	Peanut butter and jelly wraps with carrot sticks and strawberries	Sliced apples and laughing cow cheese wedges	Lasagna with green beans
Wednesday	Pancakes topped with vanilla yogurt and blackberries (thawed)	Alfalfa sandwich rolls	Graham crackers with sliced bananas and peanut butter	Minestrone Soup
Thursday	Flax Carrot Apple Muffins with Orange Juice	Egg Salad Sandwiches on Whole wheat bread	Fruit Sushi	Homemade pizza
Friday	Breakfast Burrito Bites	Grilled Veggie Tortillas	Strawberry Creamsicles	Teriyaki Chicken and Fried Rice

For a full image meal plan with recipes and shopping lists, visit myhealthymealplans.com

Each meal plan is:

- ~ Low in Sugar!
- ~ High in Fruits and Vegetables
- ~ A good variety of healthy proteins
- ~ Low in sodium
- ~ Perfect portions for kids!