

Super Healthy Kids Weekly Meal Plan

May 21-25, 2012 (1/2 cup daily of beans!)

	Breakfast	Lunch	Snack	Dinner
Monday	Strawberry and pomegranate juice smoothie, with spinach and flax seeds. (plus whole wheat toast)	Green Salad with Kidney beans, hard boiled eggs, chopped peppers and homemade croutons (with homemade ranch dressing)	Green peppers with laughing cow cheese	Tilapia with green beans and sweet potatoes
Tuesday	Pomegranate Muesli with walnuts and sunflower seeds	Almond butter and honey on whole wheat tortilla	Almonds and raisins	Minestrone Soup
Wednesday	Pancakes topped with strawberries and yogurt	Leftover minestrone soup	Hummus with carrots	Whole Wheat Penne Pasta with shredded chicken, broccoli, and Parmesan Cheese
Thursday	Mexican burrito, with black beans, eggs, and salsa	Tuna Salad in Whole wheat pita pocket with sprouts and lettuce	Banana Ice Cream	Oriental Steak Stir Fry with Brown Rice
Friday	Cottage Cheese Pancakes with strawberries	Fruity Rice	Triple Threat Bean Dip with baked corn chips	Crock pot roast with carrots, potatoes and onions

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!