

Super Healthy Kids Weekly Meal Plan

May 28 to June 1

	Breakfast	Lunch	Snack	Dinner
Monday	Mushroom and pepper omelets	Quesadillas with salsa	Hard boiled egg	Walnut and Arugula Lasagna
Tuesday	Strawberry smoothies and toast	Pita pockets with sprouts, tomatoes	Peppers and ranch dip	Barbacoa Soft Tacos
Wednesday	Whole wheat English muffins with peanut butter and bananas	PB&J, apples, carrots	Rice cakes with almond butter	Two Bean Corn Meal Pie
Thursday	Coconut pancakes with blueberries	Sweet Cabbage apple salad	Pita Bread with hummus	Miso Glazed salmon with green beans
Friday	Poached eggs on bagel	Tabbouleh with veggies	Cashews and dates	Chicken and Rice stir fry

Check out our meal planning website!

We have full image meal plans with nutrition data, recipes, and shopping lists!!

Try it free for 7 days at www.myhealthymealplans.com