

Super Healthy Kids Weekly Meal Plan

Nov 28-Dec 2 2011

	Breakfast	Lunch	Dinner
Monday	Oatmeal with peaches and milk	Turkey Wrap with avocado, sprouts and tomatoes	Marinated Chicken with red potato salad
Tuesday	Scrambled eggs, oranges, and whole wheat toast	English muffin pizzas with shredded carrots	Spaghetti Timbale with green peas
Wednesday	Mini-Oatmeal blueberry pancakes with orange juice	Burrito (whole wheat tortilla with mashed pinto beans and shredded lettuce)	Baked lime-ginger chicken with garlic rice
Thursday	Cereal (Cheerios) with strawberries and milk	Peanut butter and banana sandwich with carrots and grapes	Spinach Parmesan Cheese Pizza
Friday	Whole wheat English muffins with bananas	Leftover Pizza with green salad	Bulgur and orange salad BBQ chicken on the side

Check out [our complete 30 day meal plan](#), with 120 meals, recipes, shopping list and best prices!