

## Super Healthy Kids Weekly Meal Plan

Nov 7-11 2011

|                  | Breakfast                                   | Lunch                                                                                           | Snack                                                          | Dinner                                                                         |
|------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Monday</b>    | <a href="#">Beet Pancakes</a>               | <a href="#">Cinnamon Peanut butter</a> and jelly on whole wheat bread, with oranges and carrots | Apples and <a href="#">Wild Squirrel Pretzel Peanut Butter</a> | <a href="#">Balsamic Bruschetta Chicken</a> with cabbage salad                 |
| <b>Tuesday</b>   | <a href="#">Carrot Cake French Toast</a>    | <a href="#">Veggie Quesadillas</a>                                                              | Cottage Cheese and Berries                                     | <a href="#">Teriyaki Turkey Burgers</a> with avocado, tomato and lettuce       |
| <b>Wednesday</b> | Scrambled eggs with grapefruit              | <a href="#">Zucchini Fusilli</a>                                                                | <a href="#">Low Fat Apple Cake</a>                             | <a href="#">Chicken Tortilla Stew</a>                                          |
| <b>Thursday</b>  | <a href="#">Cinnamon Apple oatmeal</a>      | Turkey and avocado in whole wheat pita                                                          | <a href="#">Pretzels and hummus</a>                            | <a href="#">Slow cooked BBQ chicken</a> on whole wheat rolls and cabbage salad |
| <b>Friday</b>    | <a href="#">Pumpkin Granola</a> with yogurt | Peanut butter and honey on whole wheat with fruit salad                                         | Dried apricots and cashews                                     | <a href="#">Lemon Chicken soup with orzo</a>                                   |

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