

## Super Healthy Kids Weekly Meal Plan

10/17/2011-10/21/2011

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Raspberry Peach Smoothies	Chicken Noodle Soup	Cucumbers and ranch	<a href="#">White bean Chili</a> with veggies
Tuesday	Strawberry Banana Oatmeal	Layered Pea salad	Frozen <a href="#">Banana Pops</a>	<a href="#">Chicken tortilla soup</a>
Wednesday	<a href="#">Veggie Omelets</a>	Taco Avocado wrap	<a href="#">Energy Bars</a>	Chicken Fettuccini
Thursday	<a href="#">Orange muffins</a> and fruit	<a href="#">Anti-Pasta Lunch Box</a>	Blueberries in yogurt	Homemade pizza with artichoke and tomatoes
Friday	<a href="#">Rolled and Baked Omelets</a>	Roasted Veggie sandwiches	<a href="#">Cinnamon Apple Wedges</a>	Sweet and Sour Stir Fry

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