

## Super Healthy Kids Weekly Meal Plan

Oct 3-7 2011

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	French toast made with Ezekial bread	<a href="#">Quinoa and Black Beans</a>	Warm Fresh Applesauce with cinnamon	<a href="#">Big Dinner Salad</a> (looks great!)
Tuesday	Rice Chex/ Yogurt and berries	Vegetable Pita sandwiches	<a href="#">Soft Pretzel Bites</a> and carrots (both dippable)	<a href="#">Cauliflower Crust Pizza</a>
Wednesday	<a href="#">Banana Bread</a>	English muffin pizza's	Winter Fruit Compote	<a href="#">Shrimp Tacos</a>
Thursday	Oats with Peaches/ cinnamon and milk	Almond butter and fruit spread on whole wheat	<a href="#">Granola Bars</a> and apples	<a href="#">Summer chicken Skillet</a>
Friday	Smoothie with soy milk and mangoes/ peaches	Pasta salad with olives/ tomatoes/ cucumbers	<a href="#">POPPERS</a>	<a href="#">Crockpot Hawaiian Chicken</a>

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