

# Super Healthy Kids Weekly Meal Plan

Oct 31-Nov 4 2011

	Breakfast	Lunch	Snack	Dinner
<u>Monday (HALLOWEEN)</u>	Spider-web pancakes (will post later today)	<b><u>Easy Halloween style bento</u></b>	<u>Frankenstein Trail Mix</u>	<u>Potato soup (in a pumpkin)</u>
<u>Tuesday</u>	Scrambled eggs, whole wheat toast, mushrooms and peppers (detox from sugar day!)	Quesadillas (whole wheat tortillas with laughing cow cheese), carrots, and an apple	Celery sticks with peanut butter	Chicken fingers and green salad (with peppers, broccoli, and ranch)
<u>Wednesday</u>	Smoothies (probably banana-blueberry)	Whole wheat bread with almond butter and bananas plus carrot sticks	String cheese and apples	Turkey, potatoes, and roasted broccoli
<u>Thursday</u>	<u>Peach yogurt and granola</u>	Turkey-avocado-sprout whole wheat pitas with applesauce	carrots and <u>hummus</u>	<u>Un-Fried Chicken</u> with spinach salad (and any berries I can find)
<u>Friday</u>	<u>Rainbow oatmeal</u>	Turkey wrap with lettuce and tomato plus peaches	Cucumbers and ranch dip	<u>Portobello Pizza's!</u>

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