

Super Healthy Kids Weekly Meal Plan

9/26/2011-9/20/2011

| | Breakfast | Lunch | Snack | Dinner |
|-----------|---|---|-------------------------------|--|
| Monday | Pumpkin Pancakes | Quesadillas with salsa | Hard boiled egg | Corn Chowder |
| Tuesday | Oatmeal with peaches and yogurt | Pita pockets with sprouts, tomatoes | Baked tortillas with salsa | Fresh Spinach and potato Fritatata |
| Wednesday | whole wheat English muffins, bananas | PB&J, apples, carrots | Rice cakes with almond butter | Two Bean Corn Meal Pie |
| Thursday | Cereal with peaches and milk | Sweet Cabbage apple salad | Pita Bread with hummus | Taco Chicken with Corn Salsa |
| Friday | Peach Smoothies with eggs and toast | Pasta Salad with vegetables | Edamame | Caramelized - Garlic chicken with oriental salad |

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