

Super Healthy Kids Weekly Meal Plan

August 13-17, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Cold Cereal and Blueberries	Ham and Cheese Pinwheels	Strawberry Applesauce	Zesty Grilled Italian Chicken Green Salad
Tuesday	Toad in the hole Cantaloupe	Pasta Salad with Leftover Chicken	Sweet Bell Pepper Hummus	Vegetable Lo Mein
Wednesday	Oatmeal with Peaches and vanilla	Bean Cheese Tada	Carrot Sticks and Laughing Cow Cheese	Perfect Summer Pasta
Thursday	Mango Peach Smoothie	Simple Black Bean Tacos	Pumpkin Seeds and Dried Strawberries	Lemon Chicken Sauteed with Broccoli and Carrots
Friday	Banana Oatmeal Pancakes	BLT Wrap Apple Slices	Watermelon	Sweet and Sassy Salmon Rice Grilled Green Beans

Enjoy our meal plans with your own recipes, or join our meal planning site to get a printable of the

- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- 7 full days of meals
- plus all the recipes to these meals on one PDF

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