

Super Healthy Kids Weekly Meal Plan

Oct 15-19, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	PB Toast with Bananas	Turkey and Sprout Sandwich	Apple Dessert	Homemade Chicken and Artichoke Pizza
Tuesday	Hard boiled Eggs with Oranges	Leftover Pizza with Peas	Almonds and Pears	Teriyaki Beef and Broccoli
Wednesday	Strawberry Peach Smoothie	Peanut Butter, Banana, and Granola Wrap	Sliced Peaches and Cottage Cheese	Roasted Salmon and Sweet Potatoes
Thursday	Baked Bean Omelet	Turkey Veggie Pockets	Yogurt Dip with Apples	Fall Veggie Mac and Cheese
Friday	Blueberry Oatmeal and Crushed Almonds	Turkey Rolls with Apple Salad	Cucumbers and Hummus	Grilled Stuffed Zucchini

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 for print.

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