

Super Healthy Kids Halloween Meal Plan!

Nov 5-9, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Eggs on the Go	Bean and Cheese Triangles with chips and salsa and mango slices	Pumpkin Cream Cheese Dip with Apples	Deluxe Meatloaf with mashed Sweet Potatoes
Tuesday	Banana Breakfast Roll	Spinach Pasta Salad with Pear	Celery with Cinnamon Almond Butter	Crockpot Rosemary Chicken with Bell Peppers
Wednesday	Vanilla Walnut Oatmeal	Veggie Burger with green peas and orange slices	Whole Grain Toast with Avocado Slices	Southwestern Stuffed Acorn Squash
Thursday	Honeycrisp Breakfast Parfait	Hummus Pita	Cinnamon Sweet Potato Chips	Salmon with Cucumber Yogurt Sauce and Sauteed Spinach
Friday	Cereal with Yogurt and Berries	Egg Salad Pita with cherry tomato and apple	Peach Delight	Penne with Creamy Pumpkin Sauce with Green Salad

Enjoy our meal plans with your own recipes, or join today to get

- This meal plan with pictures and Recipes!
- All the nutrition data for all these recipes,
- This shopping list to make these meals
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