

Super Healthy Kids

Nov 26-30, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Scrambled Garden eggs with oranges and bananas	Almond Butter and Honey Sandwiches with Island fruit salad	Apples and creamy lemon yogurt dip	Chicken Soft Tacos
Tuesday	Classic French Toast with Kiwi	Turkey Wrap with Carrots and Juice	Carrot Coins and Hummus	Hamburgers and Potato Salad
Wednesday	Best Bran Muffins and Orange Juice	PB&J on Hamburger bun with Almond Applesauce	Fruit Sushi	Crockpot Italian Chicken
Thursday	Cinnamon Apple Oatmeal Mash	Cheesy Tomato Sandwiches	Cheesy Celery and Pepper Snack	Carrot and Broccoli Pot Pie
Friday	Yogurt and bananas with Honey Toast	Peanut Butter and Apple Sandwiches	Crackers and Cheese with thin cucumber slices	Pizza Night with Mushrooms and Spinach.

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
- Get it today with our [7 Day Free Trial](#)