

## Super Healthy Kids Weekly Meal Plan

Oct 1-5, 2012

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Coconut Banana Bread with Lime Glaze	Pizzadilla	Apples and Peanut Butter Dip	BBQ chicken, winter squash and watermelon
<b>Tuesday</b>	Quiche in a Cup	Turkey Panini	Celery and Carrots with Hummus	Crunchy Pork Lettuce Wrap
<b>Wednesday</b>	Cereal with Blueberries and yogurt	Peanut Butter Rollers	Boiled Egg Bites	Crockpot Meatballs with Marinara Pasta
<b>Thursday</b>	Banana Pumpkin Smoothie	Meatball Wrap	Baked Mozzarella Bites	Chicken Tikka Masala over Rice
<b>Friday</b>	French Toast Bites	Mandarin Chicken Lettuce Wraps	Pears and Cheese	Five Spice Salmon and Sesame 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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