

Super Healthy Kids Weekly Meal Plan

Sep 24-28, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	ELT	Turkey Wrap with hummus lettuce carrots Oranges	Kiwi and Almonds	Sloppy Lentils
Tuesday	Cinnamon Apple Pancakes	PB& Apple Sandwich Peaches Peppers	Cucumber Sandwiches	Tomato Soup and Grilled Cheese
Wednesday	Peanut Butter Toast and Orange Juice	Pancake Sandwiches	Greek Yogurt, Berries and Peaches	Classic Burritos
Thursday	Breakfast Avocado Burritos	Penne Pasta Salad with Peas and cantaloupe	Apples and Peanut butter	Portobello Cheesesteak Sandwiches
Friday	Peaches and Cream Oatmeal	Veggie loaded turkey Hoagie with Apples	String Cheese and Peppers	Pesto Tilapia with Mango Salad

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

[Get a free 7 day trial here!](#)