

Super Healthy Kids Weekly Meal Plan

Sep 17-21, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Mexican Breakfast Pizza	Crunchy Cucumber and Turkey Wrap Cherries	Apple Nachos	30 Minute Black Bean Rice with Summer Squash, Crusty Bread Watermelon
Tuesday	Blueberry Almond Oatmeal	Pasta with Pesto Carrots and Hummus	Roasted Cauliflower	Chicken with Garlic and Tomato Sauce Green Salad
Wednesday	Scrambled Eggs with Cauliflower	Turkey Sandwich with Shredded Veggies Pears	Homemade Corn Chips and Hummus	Mushroom Pepper Steak Rice
Thursday	Peach and Yogurt Crepes	Cranberry Tuna Wrap Apple Slices	Boiled Egg Shapes	Crispy Shake and Bake Chicken Thighs Mashed Potatoes Green Beans
Friday	Sweet Potato Smoothie	Citrus Pasta Salad with Diced Leftover Chicken	Cottage Cheese and Berries	Honey Orange Salmon Grilled Zucchini and Yellow Squash

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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