

Super Healthy Kids Weekly Meal Plan

Sep 10-14, 2012

| | Breakfast | Lunch | Snack | Dinner |
|------------------|--|--|-----------------------------------|---|
| Monday | Mango Peach Smoothie with Whole Wheat English Muffin | Garden Pancakes | Veggie Juice Pops | Black Bean Burger with Avocado Spread Potato Wedges |
| Tuesday | Pumpkin Spice Oatmeal | Turkey Swiss Panini | Sweet Potato Nachos | Tilapia Tomato Dish |
| Wednesday | Feta - Tomato Omelet | Spinach Pastry Pockets | Cool Cukes and Raspberries | Mexican Lasagna |
| Thursday | Buttermilk Pancakes with Orange sauce | Italian Salad and Crusty Rolls | Sunflower Butter and Apple Slices | Yellow Squash Veggie Casserole with cantaloupe |
| Friday | Apple Raisin Oatmeal | Chickpea cucumber salad Pita wedges and hummus | Nut Free Trail Mix | Panko Parmesan Chicken with Fruit and Greens 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

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