

## Super Healthy Kids Weekly Meal Plan

Sept 3-7 , 2012

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Toast with Cream Cheese, Sliced Strawberries and Walnuts	Spinach Feta Quinoa Salad with Pear Slices	Bell Pepper Nachos	SlowCooker Zesty Chicken and Rice
<b>Tuesday</b>	Cereal with Greek Yogurt and Berries	BBQ Chicken Sandwiches Topped with Veggies	Honey Spiced Pretzels	Black Bean Tostada Simple Green Salad
<b>Wednesday</b>	Oatmeal with Cinnamon and Apples	Bean and Vegetable Wrap with Apple	Tomato Bruschetta	Pesto Pecan Chicken Rice with Spinach and Cherry Tomatoes
<b>Thursday</b>	Strawberry Smoothie Whole Wheat Toast	Turkey Fajita Pita with carrot sticks	Guacamole Tomato Boats	Turkey Patties with Corn and Tomato Relish
<b>Friday</b>	Blueberry Graham Pancakes	Cheesy Tomato Sandwiches with Grapes	Speedy Baked Apple	Quinoa Burgers Grilled 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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