


Clean Eating With Kids 7 Day Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner	Dessert
Monday	French Toast with Maple Syrup and Bananas.	Melon Clean Muesli Bars	Chicken, lettuce and hummus on Rye Wrap.	Popcorn Apple	Clean Beef Stroganoff with Basmati Rice, Butternut and Steamed Broccoli.	Homemade Ice cream.
Tuesday	Scrambled Egg on Rye Toast	Clean Muesli Bars Pineapple Pieces	Cold Tuna and vegetable Pasta.	Popcorn Apple	Lasagne, Salad, Garlic Bread.	Clean Fudge Treat
Wednesday	Oatmeal with cinnamon, bananas and maple syrup.	Banana Nut Muffin Apple	Left over Lasagne and Salad	Chocolate Brownie Carrot Sticks	Clean Pizza & Salad	
Thursday	Scrambled Egg on Toast	Clean Muesli Bars Carrot Sticks & Hummus	Left Over Pizza, Salad	Chocolate Brownie Carrot Sticks	BBQ Honey Chicken Wraps with salsa, sour cream and guacamole	Apple Pie and Ice cream
Friday	Peanut Butter and Banana Smoothie	Banana Nut Muffin Apple	BBQ Honey Chicken Wraps with lettuce and cucumber.	Popcorn and apple	Spaghetti Bolognese	Apple Pie and Ice cream
Saturday	Banana Pancakes with Maple Syrup	Apples and Peanut Butter Dip	Spinach and Bacon Quiche, Salad	Vegetable Sticks with Tzatziki Dip	Clean Burgers and sweet potato fries	Choc Milkshake Popcorn
Sunday	Bacon and Egg Wraps	Peanut Butter Biscuits Fresh Fruit	Salmon Fish Cakes with lemon and salad	Vegetable Sticks, Parmesan pita slices with Tzatziki Dip	Creamy Chicken and Leek Pie with Roasted Butternut, mash potato, peas and gravy	

 School Lunches

 Movie Night