



Super Healthy Kids Meal Plan

Oct 20-24

	Breakfast	Lunch	Snack	Dinner
Monday	Cran-Oats	Spinach Feta Quinoa Salad	Cinnamony Apples	Slow Cooker Barley Burritos
Tuesday	Egg Waffle	Turkey Panini	Jack-O-Lantern Fries	Turkey Chili Taters
Wednesday	Scrumptious Egg Scramble	Turkey & Cheese Skewers	Banana Nut Energy Bars	Quick Pizza Dinner
Thursday	Kooky Kale Krush	Homemade Lunchable	Pumpkin in Hummus	Healthier Fried Rice
Friday	Peanut butter and Banana Toast	Italian Pasta Salad	Boiled Egg Bites	Salmon Cakes

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- All the nutrition data for all these recipes,
- This shopping list to make these meals
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