



Super Healthy Kids Meal Plan

Oct 6-10

	Breakfast	Lunch	Snack	Dinner
Monday	Simple Cereal Start	Quinoa Tabbouleh	Hummus & Veggies	Bean & Veggie Enchilada
Tuesday	Bonanza Banana Waffles	Non-Dairy Tuna Salad	Simply Ham Snack Wraps	Quick Burritos
Wednesday	Steel Cut Overnight Oats	Avocado & Turkey Wrap	Orange slices & Cheese	Rotini Pasta & Chicken
Thursday	Mint Chocolate Chip Shake	Bread-Free Lunchable	Banana Dip	Roasted Pork Loin
Friday	Egg Burritos	Pita Lunch Box Dippers	Boiled Egg Sailboat	Shrimp w/ Snow Peas

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- This shopping list to make these meals
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