

Super Healthy Kids Meal Plan

Sept 1-5

	Breakfast	Lunch	Snack	Dinner
Monday	Orange Ricotta Toast	Grilled Cheese with Fruit and Veg	Cheese and Veggie Stackers	Sweet Black Bean Quesadillas
Tuesday	Deviled Breakfast Eggs	Nacho Tacos 4 Lunch	Mango Cucumber	Soy Ginger Pork
Wednesday	Maple Barley Oats	Pistachio Lunchable	Yogurt Crunch	Sante Fe Chicken
Thursday	Mango Peach Smoothie	Turkey Corn Wraps	Oats, Nuts, and Granola	Broccoli Chicken 10 Min. Dinner
Friday	Avocado Eggwich	Sprouted Sandwich Lunchbox	Guacamole Tomato Boats	Salmon with Roasted Sweet Potato

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- This shopping list to make these meals
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