



## Super Healthy Kids Meal Plan

November 17-21

	Breakfast	Lunch	Snack	Dinner
Monday	Mexican Breakfast Burrito	Bean and Veggie Wrap	Sunflower Butter and apples	Tofu Tacos
Tuesday	ELT (Egg Lettuce, and tomato)	Tomato Cheese sandwiches	Bean Salad	Slow Cooker Stuffed Pepper
Wednesday	Oatmeal with Cinnamon	Turkey Swiss Panini	Greek Yogurt Dip	Pesto Pasta and Beans
Thursday	Mango Peach Smoothie	Pasta with Spinach and Ricotta	Open faced cheese sandwich	Roasted Chicken and Veg
Friday	Zucchini Parmesan Frittata	Cranberry Tuna Wraps	Fruit Dip	BBQ chicken pizza

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