



Super Healthy Kids Meal Plan

Jan 19-23

	Breakfast	Lunch	Snack	Dinner
Monday	Toast and Almond Butter	Chickpeas and Greens Salad	Cheesy Broccoli Bites	Spanish Rice
Tuesday	Pita Egg Pizza	Broccoli Pasta Salad	Sweet Veggies	Chicken Curry
Wednesday	Oatmeal Cakes	Waffle Grilled Cheese	Florets and Hummus	Medley Pasta
Thursday	Sweet Green Smoothie	Pepperoni Pizza Wrap	Yogurt Covered Berries	Italian Crockpot Chicken and Mashed Cauliflower
Friday	Cran-Apple Steel Cut Oats	Japanese Lunch	Pistachios and Carrots	Cajun Salmon

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