



Super Healthy Kids Meal Plan

May 4-8, 2015

	Breakfast	Lunch	Snack	Dinner
Monday	Egg Mock Muffins	Bake-less Pizza	Nutty Trail Mix	Whole Wheat Couscous Salad
Tuesday	Bacon & Cheese Wrap	Ham & Spinach Wrap	Citrus Edamame	Mexi-Quinoa
Wednesday	Overnight Cinnamon Oats	Turkey & Lettuce Wrap	Almonds & Cranberries & Cheese	White Parmesan Chicken
Thursday	Peanut Butter Cup Smoothie	Sweet Broccoli Chicken Salad	Avocado Dip	Teriyaki Pork & Rice
Friday	Nut Crusted French Toast	Mini Cheesy Sandwiches	Fresh Fruit kabobs	Flank N Brussels

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