



Super Healthy Kids Meal Plan

April 13-17, 2015

	Breakfast	Lunch	Snack	Dinner
Monday	Quinoa for Breakfast	Grape Pinwheels	Apple Jams	Vegetarian Stuffed zucchini
Tuesday	Almond Butter and Strawberry Toast	Sushi- Turkey Wraps	Pear Slices with Goat Cheese	A whole Lotta Enchilada
Wednesday	Apple Baked Oatmeal	Mac-N Cheese Please	Triscuits with Hummus and veg	Turkey Meatloaf
Thursday	Super Smoothie	Egg Salad on Crackers	Graham cracker and Grapes	Slow Cooked Whole Chicken
Friday	Almond Butter & Chia Toast	Quinoa chicken Salad	Zucchini Pizzas	Pesto Shrimp Skewers

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- This shopping list to make these meals
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