



Super Healthy Kids Meal Plan

May 18-22, 2015

	Breakfast	Lunch	Snack	Dinner
Monday	Morning Quick Fix	Hummus and Cracker lunchbox	Apple Cinnamon Popcorn	Corn and Veggie Flatbread
Tuesday	Circles for Breakfast	Spinach & artichoke grilled cheese	Cucumber Cabbage Salad	Black Bean and Beef Taco Salad
Wednesday	Bowl Full of Quinoa	Veggie Macaroni Salad	Mini Sandwiches	Sausage & Potato Kabobs
Thursday	Pink Smoothie	Rice Lunch Box	Banana Pops	Slow Cooked Pork with Egg Noodles
Friday	Honey Flax Pancakes	Chickpea & Bean Salad	Cauliflower and Carrots	Bowtie Shrimp

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- This shopping list to make these meals
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