



Super Healthy Kids Meal Plan

June 15-19

	Breakfast	Lunch	Snack	Dinner
Monday	Peanut butter toast with peaches and Yogurt	Zucchini Caprese	Mozarella Kabobs	Colorful Veggie Rice
Tuesday	Chia Breakfast Pudding	Pesto Chicken pasta	Crackers and Hummus	Peppers and Steak Fajitas
Wednesday	Protein Boost Breakfast Bar	Flat Turkey Wrap	Carrot Apple Salad	Chicken Marsala with Cherry Tomatoes
Thursday	Banana-O Oat Smoothie	Nut n But Mango Quinoa	Kids can make it cheesecake	Slow cooked pork chops
Friday	Berrylicious Blueberry Pancakes	Tuna Salad Sandwich	Green Snacks	Shrimp & Tortellini

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- This shopping list to make these meals
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