



Super Healthy Kids Meal Plan

June 22-25

	Breakfast	Lunch	Snack	Dinner
Monday	Kids breakfast, Toast and fruit!	Colors and Egg salad Sandwich	Strawberry Kiwi Salad	Spinach and Artichoke mac and cheese
Tuesday	Zucchini Scramble	Pasta Salad with Tomatoes and Apples	Cucumbers and cheese	Ensalada de taco
Wednesday	Oats and Berry Smash	Salad Pizzas	Colorful Quinoa	Twisted Lasagna
Thursday	Banana Citrus Smoothie	Sliced Chicken Wrap	Avocado Salad	Savory Slow-cooked Roast
Friday	Granola bar Yogurt Breakfast	Turkey Hummus Sandwich	Apple Crunch	Shrimp and Quinoa Casserole

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