



Super Healthy Kids Meal Plan

June 29-July 3

	Breakfast	Lunch	Snack	Dinner
Monday	Yo-Nana Gran-Apple	Veggie Greek Sandwich	Carrot Coins and Hummus	Cauliflower Pesto Pasta
Tuesday	American Flag Toast	Summertime Pasta Salad	Apple Jam	Rainbow Tacos
Wednesday	Green Purple Smoothie	Rainbow Quinoa	Yogurt Fruit Kabobs	One Pan Chicken & Veggies
Thursday	Mango Chia Pudding	Wrap that Cheeseburger	Tommy Tomato	Slow Cooker Meatballs
Friday	Red, white, and blueberry Waffles	Fruited Turkey Panini	Chocolate covered Cherry pops	Foil Wrapped Grilled Salmon

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