



Super Healthy Kids Meal Plan

August 3-6

	Breakfast	Lunch	Snack	Dinner
Monday	Carribean Oats	Parmesan Zucchini Corn Quinoa	Coconut Almond Balls	Veggie Packed Mac & Cheese
Tuesday	Sausage Egg Muffin	Avocado Chicken Salad	Frozen Yogurt Banana Bites	Baked Ziti
Wednesday	Tasty Fruit Cheesewich	Toasted Turkey Hoagie	Banana with cashew Butter	Slow Cooked Chicken Fajitas
Thursday	Choco-cocoa Smoothie	Sweet Potato cubes and turkey	Cottage Cheese and cucumbers	Ground Turkey Sloppy Joes

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