



Super Healthy Kids Meal Plan

July 20-24

	Breakfast	Lunch	Snack	Dinner
Monday	Fruity Grilled Cheese	Quinoa with Grapes & pecans	Fruity Necklace	Vegetable Rice Bowl
Tuesday	Tropical Breakfast Wrap	Almond Butter & fruit sandwich	Hummus & Pepper Snack	Chicken Fajitas
Wednesday	Banana Peanut Butter Oats	Chicken salad in a wrap	Graham Cracker Grapes	Pork Chops & Fettuccine
Thursday	Breakfast oats on the go	Tuna-Egg Salad	Sugar Snap Peas and Dips	Slow cooker pot roast

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- This shopping list to make these meals
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