



## Super Healthy Kids Meal Plan

August 17-20

	Breakfast	Lunch	Snack	Dinner
Monday	French Toast Oats	Bean Burritos with Mango	Spicy Sugar Snap Peas	Mediterranean Veggie Pita
Tuesday	Fried Eggs for Dippin	Kids Lunch Pasta	Veggin Hummus	Soy-Ginger Pork Loin
Wednesday	PB & Apples on Bagel	Waffle with Cream Cheese	Fruit and Veggie Plate	Turkey Sausage Pepper and Tomato Linguini
Thursday	Apple Smoothie	Peas and Turkey Sandwich	Cottage Cheese and Cantaloupe	Crockpot White bean chicken chili

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