

	Breakfast	Lunch	Snack	Dinner
Monday	Corny Bluecakes	Black bean Tostadas	Frozen Yogurt Strawberry Pops	Beth's Asian Lettuce Wraps
Tuesday	Egg and Avocado Breakfast Burrito	Turkey Bagelwiches	Spicy Jicama Fries	Gluten Free Lasagna
Wednesday	Power PB&J Oatmeal	Pasta Perfect Salad	Chewy No-bake Granola Bars	Mexican Sweet Potatoes
Thursday	Moonberry Mug	Almond Banana Sandwiches	Snow Peas and Hummus	Creamy Crockpot Italian Chicken
Friday	Berry Almond Breakfast	Pocket of Veggies	Homemade hazelnut strawberries	Baked fish and chips

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- This shopping list to make these meals
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