

Super Healthy Kids Meal Plan

July 15-21

	Breakfast	Lunch	Snack	Dinner
Monday	Cranberry Walnut Oatmeal	Chicken Lettuce Wraps	Peanuts and Apricots	Better Mac-N-Cheese
Tuesday	Coconut Berry Waffle	California Veggie Wrap	Caterpillar Cheese Snack	Non-Fried Coconut Shrimp
Wednesday	Green Eggs and Ham	Turkey Focaccia	Peanut Butter Balls	Baby Lasagna
Thursday	Whole Grain Cereal with Berries	Egg Salad and Bacon	Zucchini Sticks	Honey Orange Glazed Pork Chops
Friday	Cranberry Orange Muffins	Strawberries and Cream Bagels	Fruit Shapes	40 Clove Slow cooker chicken

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- This shopping list to make these meals
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