

Super Healthy Kids Meal Plan

Aug 12-15

	Breakfast	Lunch	Snack	Dinner
Monday	Orange Oats	Elbow Pasta Salad	Almond Yogurt Pear Dippers	Sloppy Quinoa Pitas and Slaw
Tuesday	Egg-Centric Breakfast	An Apple of a Bagel	Sweet Crunch	Bowl full of Health (taco bowls)
Wednesday	Cookie Dough Breakfast	It's a Wrap	Granola Oat bars	Parm Chicken n Pasta
Thursday	Carlie's Tropi Smoothie	Open Toasted Sandwich	Broccoli Cheese Bites	Slow Cuban Pork
Friday	Maple Blue Quinoa	Waffles for Lunch	Pineapple Freeze	Toasted Mahi

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