

	Breakfast	Lunch	Snack	Dinner
Monday	Soaked Oats	Spinach Feta Quinoa Salad	Dippin Yogurt Dots	Pasta Primavera
Tuesday	Pumpkin Spice Smoothie	Guacamole, Avocado, Tomato Pita	Graham Crackers, banana, and peanut butter	Ramen Vegetable Soup
Wednesday	Pizza Breakfast	Zippy Tuna Pocket	Bell Pepper Nachos	A Taco of a Burger
Thursday	Egg Salad Sandwich	Turkey Sprout Wrap	Pears and Pomegranate	Parmesan Chicken and Coleslaw
Friday	Simply Cereal Breakfast	Veggie-Chicken pasta	Speedy Baked Apple	Friday Fish Wraps

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- This shopping list to make these meals
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