

	Breakfast	Lunch	Snack	Dinner
Monday	Maple Monday Morning Oats	PB & Vitamin A (carrot) sandwich	Monday Fruit and Veggie Medley	Ooodles of Noodles
Tuesday	Egg, Lettuce, and Tomato Sandwich	Turkey Rolls with apple salad	Cottage Cheese Dip and Veggies	Sticky Chicken
Wednesday	Caribbean Dream Oatmeal	Lunchbox Pasta	Pomegranate Smoothie	Stuffed Manicotti and salad
Thursday	Quiche in a Cup	Hummus Pita	Cucumbers and Kiwi	Easy Peasy Stir Fry
Friday	Cereal and Peach Parfait	Craving Quinoa salad	Crackers and Edamame	Salmon and Zucchini Salad

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