

	Breakfast	Lunch	Snack	Dinner
Monday	Simple Oatmeal	Veggie Pitas	Cuties & Cucumbers	Bean Me Up Burritos
Tuesday	Easy Eggs	Nuts and Bean Lunch	Raisins & Pistachios	Lemon Romano Chicken
Wednesday	Yogurt & Cereal	Leftover Chicken Sandwiches	Apple and Orange Kabobs	Stove Top Turkey Chili
Thursday	Banana Citrus Smoothie	Leftover Lunch	Veggie Sticks & Cheese Cubes	Greens & Pasta
Friday	Peaches & Cream Oatmeal	Tuna Twister Rollups	Olive & Tomato Skewers	Wisconsin Cauliflower Soup

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- This shopping list to make these meals
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