

	Breakfast	Lunch	Snack	Dinner
Monday	Waffles and Berries	Cold Pasta W/ Olives and Tomatoes	Bowl of Berries	Vegetarian Stir Fry and Rice Noodles
Tuesday	May Flower Egg in Toast	Turkey Wrapped Veggies	Rainbow Ribbon Veggies	Slow Cooker Chicken w/mushrooms & peppers
Wednesday	Walnut Oatmeal with berries and Kiwi	Couscous Salad with broccoli	Pita-wedge & Hummus	Quinoa Meataballs and Pasta
Thursday	Moonberry Mug	Vegetarian Pitas	Yogurt Cheese and cucumbers	Garlic Chicken with Peas and carrots
Friday	Strawberries and Cream Cereal	Sweet Cabbage Apple Salad	Nutty Applesauce	Fish Stick Friday

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- Our healthy recipes that go along with these meals!
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- This shopping list to make these meals
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