

Super Healthy Kids Meal Plan

July 21-25

	Breakfast	Lunch	Snack	Dinner
Monday	Strawberry Bagel	Ham and Whole Wheat Tortilla	Peach Delight	Meatless Monday Pizza
Tuesday	Orange Apricot Oatmeal	Shaped Sandwiches	Avocado Salad	Burgers and Fruit
Wednesday	Basic Omelet	Leftover Beef and Veggies	Great Granola	Protein Pancakes for Dinner
Thursday	Choco-Mint Smoothie	Quesadilla with Fresh Salsa	Turkey Roll-Ups	Chicken Dinner and Potatoes
Friday	Carrot Cake Oatmeal	Hummus Pita	Cheesy Fruitastic Crackers	Tilapia Sticks with Coleslaw

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