

Super Healthy Kids Meal Plan

July 28-Aug 1

	Breakfast	Lunch	Snack	Dinner
Monday	Veggie English Muffin	No Fuss Veggie Sandwich	Allie Ant Sticks	Veggie Barley Burger
Tuesday	A Fit Egg and Oatmeal	Strawberry Lunch Waffles	Swimming Cauliflower	Barley Steak Salad
Wednesday	Ch-Ch-Chia Pancakes	Mac Attack	Fruit on a Stick	Sausage Quinoa Zucchini Boats
Thursday	Barley Breakfast	Focaccia Turkey Melt	Frozen Fruit Dots	Crockpot Fajitas
Friday	Chocolate Almond Smoothie	Simple Tuna Tomato Lunch	Bell Peppers and Goat Cheese	Tilapia and Greens

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- This shopping list to make these meals
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