

Super Healthy Kids Meal Plan

Aug 18-22

	Breakfast	Lunch	Snack	Dinner
Monday	Quick Breakfast Pizza	Vegetable Grilled Cheese	Celery, Peppers, and Hummus	Quinoa Fried Veg
Tuesday	Zucchini Mushroom Frittata	Brussels Pasta Salad	Nutty Bananas	Mexican Stir Fry
Wednesday	Apples and Oats	Italian Salad	Sugar Snap Peas	Lemon Chicken & Summer Veggies
Thursday	Peaches & Cream Smoothie	Turkey Wraps	Almonds and Apples	Fettuccine from Leftovers
Friday	Eggs & Peanut Butter Protein Breakfast	Take a Dip Lunch	Grahams and Peanut Butter	Fish and Mac with Baked Zucchini

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