

# BACK-TO-SCHOOL MEAL PLANNING



## MONDAY

**Breakfast**  
Purely Elizabeth Original Granola

**Lunch**  
Annies Classic Mac And Cheese

**Snack**  
Spudsy Salt and Vinegar

**Drink**  
PLEZi Sour Apple

## TUESDAY

**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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## WEDNESDAY

**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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## THURSDAY

**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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## FRIDAY

**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Breakfast**  
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**Breakfast**  
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**Breakfast**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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**Breakfast**  
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**Lunch**  
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**Snack**  
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**Drink**  
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# BACK-TO-SCHOOL SHOPPING ESSENTIALS

## BETTER-FOR-YOU BREAKFAST STAPLES

- Magic Spoon Grain-Free Cereal
- Purely Elizabeth Granola
- Kodiak Cakes flapjacks, waffles and oatmeal packets
- Kashi Blueberry Almond Cereal
- Kashi Cinnamon Walnut Cereal
- Go Oats Blueberry Oatmeal bites
- Sprouts Brand Mini Pancake Bites

## FILLING LUNCHBOX FAVORITES

- Annie's Classic Cheddar Mac and Cheese
- Red's PB&J Sandwich
- Simple Mills Almond Flour Crackers
- Applegate Sliced Roasted Turkey Breast
- Sprouts Plant-based White Bread
- Once Upon A Farm Dairy Free Smoothie Pouch

## SIMPLE INGREDIENT SNACKS

- Stonyfield Organic yogurt pouches
- Spudsy Sweet Potato Poppers
- The New Primal Snack Mates meat sticks
- Annie's Organic Bunny Fruit Snacks
- Annie's Cheddar Bunnies crackers
- The Ugly Co. dried fruit
- Earth's Best Honey Crunchin' Grahams

## DELICIOUS AND NUTRITIOUS DRINKS

- Natalie's Organic Orange Juice
- Plezi Tropical Punch
- Honest Kids Organic Juice Pouch
- Izze Sparkling Juice
- Zevia Zero Calorie Soda
- La Croix Sparkling Water

**SCAN THE QR CODE FOR TASTY  
RECIPES, TIPS AND MORE!**

