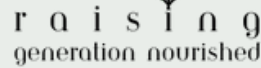


	BREAKFAST	LUNCH	DINNER	MEAL PREPPING	SHOPPING LIST
SAT	<ul style="list-style-type: none"> • <u>FRITTATA</u> W/ LEFTOVER VEGGIES FROM THE WEEK • <u>BLENDER BATTER BAKERY STYLE BANANA MUFFINS</u> (DOUBLE FOR FREEZER. THESE WERE MADE ON FRIDAY NIGHT - 10 MINUTE BLENDER PREP WHILE CLEANING UP FROM DINNER) • BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA • CLEMENTINES 	<ul style="list-style-type: none"> • USE UP ANY LEFTOVERS FROM THE WEEK • OR TUNA SALAD W/ CRACKERS • VEG STICK TRAY • APPLES • YOUNGEST & MOM PACK THIS FOR GYMNASICS PRACTICE TRAVEL. 	<ul style="list-style-type: none"> • <u>ONE POT OLIVE GARDEN COPYCAT ZUPPA TOSCONA</u> (SAUSAGE & POTATO SOUP - USED TURKEY SAUSAGE • DRIED DATES STUFFED WITH GOAT CHEESE AND/OR PEANUT BUTTER 	<ul style="list-style-type: none"> • MAKE DOUBLE BATCH <u>GF BAGELS</u> FOR THE FREEZER. (THIS RECIPE IS IN MY COOKBOOK, NOURISHED MORNINGS. YOU COULD CHANGE THIS TO A DOUBLE BATCH OF YOUR FAVORITE MUFFINS! HERE ARE SOME <u>MUFFIN RECIPES</u> FROM THE BLOG!) 	
SUN	<ul style="list-style-type: none"> • <u>PROTEIN WAFFLES</u> W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP (SAVE EXTRA WAFFLES FOR SCHOOL WEEK) • BACON OR CHICKEN SAUSAGE 	<ul style="list-style-type: none"> • GRILLED CHICKEN • <u>CREAMY VEGETABLE SOUP</u> (SAVE LEFTOVER FOR LUNCHBOXES) • BUBBIES PICKLES • AVO OIL POTATO CHIPS • APPLES 	<ul style="list-style-type: none"> • <u>NOURISHING MEATLOAF</u> • MASHED POTATOES • ROASTED BUTTERNUT SQUASH & BROCCOLI (DOUBLE SHEET TRAY FOR LEFTOVERS • <u>MINI BROWNIE CUPS</u> (HERE ARE SOME OTHER <u>SUNDAY DINNER DESSERT</u> IDEAS!) 	<ul style="list-style-type: none"> • <u>EASY ROASTED CHICKEN</u> (USE FOR LUNCHBOX MEAT THIS WEEK). COULD USE <u>SLOW COOKER</u> OR <u>INSTANT POT</u> FOR THIS CHICKEN TOO. FREEZE BONES TO MAKE BROTH ANOTHER TIME. • TAKE OUT ENOUGH BAGELS FOR BREAKFAST MONDAY • 10 MINUTE PREP INGREDIENTS FOR WHITE CHICKEN CHILI DINNER FOR TOMORROW • KIDS - PACK LUNCHES FOR MONDAY 	
MON	<ul style="list-style-type: none"> • BAGELS (FROM SAT. MEAL PREP) MADE INTO BREAKFAST SANDWICHES USING TURKEY SAUSAGE PATTIES AND EGGS • CLEMENTINES 	<ul style="list-style-type: none"> • KIDS: CHICKEN QUESADILLAS (USE SUN. PREP CHICKEN). VEG SOUP (F/ SUNDAY). APPLES, PANTRY SNACKS IF NEEDED • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SIETE CHIPS, APPLE • DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> • <u>WHITE CHICKEN CHILI IN THE INSTANT POT</u> (THIS CAN BE DONE IN THE SLOW COOKER TOO) • BANANAS 	<ul style="list-style-type: none"> • AT LUNCHTIME, GRILL ONE PACK OF CHICKEN BREASTS & AIR FRY SQUASH/BROCCOLI FOR MOMS LUNCHES THIS WEEK. I WORK FROM HOME SO THIS WORKS, BUT YOU COULD BUMP THIS TO A WEEKEND PREP TIME IF NEEDED. • DAD MAKES HIS OWN CHICKEN/RICE FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM HOME AS WELL, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEED BE. • TAKE ENOUGH BANANA MUFFINS FROM THE FREEZER FOR TOMORROW BREAKFAST (THESE WERE FROM SUNDAY BREAKFAST) • KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL AND TRACK PRACTICE 	
TUES	<ul style="list-style-type: none"> • <u>BAKERY STYLE BANANA MUFFINS</u> FROM THE FREEZER (FROM WEEKEND PREP) • CHICKEN SAUSAGE • EGGS 	<ul style="list-style-type: none"> • KIDS: 2 KIDS TOOK WHITE CHICKEN CHILI LEFTOVERS FROM DINNER LAST NIGHT. ONE TEEN PACKED A CHICKEN SANDWICH LUNCH WITH FRUIT/BUBBIES PICKLES & PANTRY SNACKS. ALL HAD APPLES. • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SIETE CHIPS, APPLE • DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> • YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BANANA, CELERY W/PB, CHEESE, VEGGIE STRAWS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASICS PRACTICE. • TEENS WILL HAVE <u>SHEET PAN CHICKEN NUGGETS</u>, ROASTED SWEET POTATOES & CAULIFLOWER, BONE BROTH COOKED RICE, BANANAS. MOM PACKS THIS FOR TRAVEL FOR GYMNASICS NIGHT TOO. 	<ul style="list-style-type: none"> • PREP THE NUGGETS & VEG ON SHEET PANS FOR THE TEENS TO PUT IN THE OVEN BEFORE MOM LEAVES TO TAKE YOUNGEST TO GYMNASICS. THEY WILL COOK THEIR OWN RICE FOR DINNER TOO. • PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE • PREP <u>CINNAMON "BROWN SUGAR" OAT & BUCKWHEAT PORRIDGE</u> INTO A POT FOR BREAKFAST IN THE MORNING (5 MIN PREP) • TEENS - PACK LUNCHES FOR WEDNESDAY AFTER SCHOOL. NO TRACK ON TUESDAYS RIGHT NOW. 	
WED	<ul style="list-style-type: none"> • <u>CINNAMON BROWN SUGAR OAT & BUCKWHEAT PORRIDGE</u> • CHICKEN SAUSAGE • EGGS 	<ul style="list-style-type: none"> • KIDS: YOUNGEST TOOK LEFTOVER CHICKEN NUGGET, RICE, & VEG DINNER F/ LAST NIGHT. TEENS: PREP DAY CHICKEN ON SANDWICHES, CREAMY VEG SOUP F/ SUNDAY, PANTRY SNACKS, APPLES. • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SIETE CHIPS, APPLE • DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> • <u>ONE SKILLET COPYCAT HAMBURGER HELPER</u> • GRAPES 	<ul style="list-style-type: none"> • KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL AND TRACK PRACTICE 	
THURS	<ul style="list-style-type: none"> • LEFTOVER CINNAMON BROWN SUGAR OAT & BUCKWHEAT PORRIDGE FROM WED. • CHICKEN SAUSAGE • EGGS 	<ul style="list-style-type: none"> • KIDS: YOUNGEST & 1 TEEN COPYCAT HAMBURGER HELPER DINNER LEFTOVERS FROM LAST NIGHT, APPLE. THE OTHER TEEN TUNA SALAD WRAPS, LEFTOVER ROASTED VEGGIES, APPLE, PANTRY SNACKS • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SIETE CHIPS, APPLE • DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> • YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BUBBIES PICKLES, BANANA, MONSTER COOKIE ENERGY BITES, SWEET POTATO CHIPS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASICS PRACTICE. • TEENS HAVE BURGER NIGHT - DAD MAKES SHEET PAN FRIES, LOADED BURGERS, FROZEN GREEN BEANS. DAD MAKES EXTRA BURGER FOR YOUNGEST TO TAKE TOMORROW FOR LUNCH. 	<ul style="list-style-type: none"> • PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE • COOK A QUICK HAMBURGER FOR MOM BEFORE LEAVING FOR GYMNASICS PRACTICE -PACKED INTO A SALAD TO GO AND GRANOLA BAR ON THE SIDE. • TEENS - PACK LUNCHES FOR FRI AFTER SCHOOL AND TRACK PRACTICE 	
FRI	<ul style="list-style-type: none"> • PROTEIN WAFFLES FROM THE FREEZER (LEFT FROM SUNDAY) WITH PB • CHICKEN SAUSAGE • EGGS 	<ul style="list-style-type: none"> • KIDS: YOUNGEST TOOK LEFTOVER HAMBURGER DINNER FROM THURS. TEENS TOOK THE LAST OF THE PREP DAY CHICKEN ON SANDWICHES, VEG STICKS, CHIPS. BOTH DID GOAT CHEESE STUFFED DATES & OTHER PANTRY SNACKS AS NEEDED • MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SIETE CHIPS, APPLE • DAD: GRILLED CHICKEN/RICE & APPLE 	<ul style="list-style-type: none"> • <u>PASTA NIGHT (SLOW COOKER GRASSFED BEEF RAGU)</u> TO PREP FOR EARLY SATURDAY MORNING GYMNASICS PRACTICE • DRIED FIGS & GOAT CHEESE 	<ul style="list-style-type: none"> • MAKE <u>ALMOND POPPYSEED MUFFINS</u> FOR SATURDAY BREAKFAST. I MAKE THIS WHILE CLEANING UP DINNER - 10 MINUTE, 1 BOWL PREP AND THE REST OF THE TIME IN THE OVEN! (THIS RECIPE IS IN MY COOKBOOK, NOURISHED MORNINGS. YOU COULD CHANGE THIS TO A DOUBLE BATCH OF YOUR FAVORITE MUFFINS! HERE ARE SOME <u>MUFFIN RECIPES</u> FROM THE BLOG!) • PACK LUNCH FOR MOM AND YOUNGEST FOR SATURDAY GYMNASICS PRACTICE. • ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS. 	
NOTES	<ul style="list-style-type: none"> • IF YOU LIVE IN AN AREA WITH DIFFERENT MEAT AVAILABLE SWAP FOR THAT • SWAP THE FRUIT/VEG FOR WHAT IS IN SEASON NEAR YOU! • COMMON IN BETWEEN MEAL SNACKS ARE PROTEIN SMOOTHIES, PROTEIN BITES, OR THIS <u>LIST OF SNACKS FOR ACTIVE KIDS!</u> • "PANTRY SNACKS" INCLUDE MY <u>GRANOLA BARS</u>, <u>TRAIL MIX</u>, <u>ENERGY BITES</u>, SNACK BARS (<u>THIS</u> OR <u>THIS</u>). FRUIT/VEG POUCHES, DRIED DATES OR FIGS, OR ANY OF <u>THESE PANTRY SNACKS FOR ACTIVE KIDS!</u> 				



2 Week Winter Meal Plan :: Week 2

	BREAKFAST	LUNCH	DINNER	MEAL PREPPING	SHOPPING LIST	
SAT	<ul style="list-style-type: none">• <u>FRITTATA</u> W/ LEFTOVER VEGGIES FROM THE WEEK• <u>ALMOND POPPYSEED MUFFINS</u> (DOUBLED FOR FREEZER. THESE WERE MADE ON FRIDAY NIGHT - 10 MINUTE ONE BOWL PREP WHILE CLEANING UP FROM DINNER)• BACON OR SAUSAGE ON THE SIDE OR IN THE FRITTATA• CLEMENTINES	<ul style="list-style-type: none">• USE UP ANY LEFTOVERS FROM THE WEEK• OR TUNA SALAD W/ CRACKERS• VEG STICK TRAY• APPLES• YOUNGEST PACKED LEFTOVER RAGU & MOM PACKED TUNA SALAD FOR GYMNASTICS PRACTICE TRAVEL.	<ul style="list-style-type: none">• <u>ONE POT SPINACH LASAGNA SOUP</u>• BANANAS W/ CINNAMON AND COCONUT WHIPPED CREAM	<ul style="list-style-type: none">• MAKE 9X13 <u>PAN ONE PAN BREAKFAST CASSEROLE</u> TO USE FOR THE FIRST PART OF THE SCHOOL WEEK.		
SUN	<ul style="list-style-type: none">• <u>PROTEIN WAFFLES</u> W/ BUTTER, PEANUT BUTTER, & MAPLE SYRUP OR FRUIT SYRUP (FREEZE EXTRA WAFFLES FOR ANOTHER TIME)• BACON OR CHICKEN SAUSAGE	<ul style="list-style-type: none">• <u>AMYLLOU FROZEN CHICKEN MEATBALLS</u>• <u>PANERA COPYCAT BROCCOLI SOUP</u> (DOUBLE TO USE FOR LUNCH TOMORROW)• AVO OIL SWEET POTATO CHIPS• APPLES	<ul style="list-style-type: none">• <u>ORANGE ROASTED CHICKEN</u>• MASHED POTATOES• ROASTED BRUSSELS SPROUTS/CARROTS/ONIONS• <u>FLOURLESS CHOCOLATE CAKE</u> (HERE ARE SOME OTHER <u>SUNDAY DINNER DESSERT</u> IDEAS!)	<ul style="list-style-type: none">• <u>EASY ROASTED CHICKEN</u> (USE FOR LUNCHBOX MEAT THIS WEEK). COULD USE <u>SLOW COOKER</u> OR <u>INSTANT POT</u> FOR THIS CHICKEN TOO.• USE THE BONES FROM PREP ROASTED CHICKEN & FROZEN BONES FROM LAST WEEK'S CHICKEN TO MAKE INSTANT POT BONE BROTH (COULD BE DONE IN SLOW COOKER).• TAKE OUT ENOUGH BREAKFAST CASSEROLE SQUARES FOR BREAKFAST MONDAY (PREPPED YESTERDAY)• KIDS - PACK LUNCHES FOR MONDAY		
MON	<ul style="list-style-type: none">• BREAKFAST CASSEROLE (FROM SAT. MEAL PREP)• TURKEY SAUSAGE PATTIES• BANANAS	<ul style="list-style-type: none">• KIDS: CHICKEN QUESADILLAS (USE SUN. PREP CHICKEN), BROCCOLI SOUP (F/ SUNDAY). APPLES. PANTRY SNACKS IF NEEDED• MOM: GRILLED CHICKEN, BROCCOLI SOUP F/ SUNDAY, AVO OIL SWEET POTATO CHIPS, APPLE• DAD: TACO BOWLS, APPLE	<ul style="list-style-type: none">• <u>ONE PAN CREAMY BROCCOLI CHICKEN & RICE</u>• BANANAS	<ul style="list-style-type: none">• AT LUNCHTIME, GRILL ONE PACK OF CHICKEN BREASTS FOR MOMS LUNCHES THIS WEEK. I WORK FROM HOME SO THIS WORKS, BUT YOU COULD BUMP THIS TO A WEEKEND PREP TIME IF NEEDED.• DAD MAKES HIS OWN TACO BOWL COMPONENTS FOR THE WHOLE WEEK OF LUNCHES. HE WORKS FROM HOME AS WELL, SO THIS COULD BE A WEEKEND PREP DAY ITEM IF NEED BE.• TAKE ENOUGH BANANA MUFFINS FROM THE FREEZER FOR TOMORROW BREAKFAST (THESE WERE FROM SUNDAY BREAKFAST)• KIDS - PACK LUNCHES FOR TUESDAY AFTER SCHOOL AND TRACK PRACTICE		
TUES	<ul style="list-style-type: none">• BREAKFAST CASSEROLE (FROM SAT. MEAL PREP)• TURKEY SAUSAGE PATTIES• BANANAS	<ul style="list-style-type: none">• KIDS: 2 KIDS TOOK ONE PAN CHICKEN/RICE LEFTOVERS FROM DINNER LAST NIGHT. ONE TEEN PACKED A CHICKEN QUESADILLA LUNCH WITH FRUIT/BUBBIES PICKLES & PANTRY SNACKS. ALL HAD APPLES.• MOM: GRILLED CHICKEN, AVO OIL FROZEN VEG BLEND FROM COSTCO, AVO OIL SWEET POTATO CHIPS, APPLE• DAD: TACO BOWLS, APPLE	<ul style="list-style-type: none">• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, APPLE, COCOA NIB GRANOLA BAR, SWEET POTATO CHIPS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE.• TEENS WILL HAVE <u>ONE PAN SLOPPY JOES</u> ON GF BUNS, SHEET PAN ROASTED POTATOES, SQUASH & CABBAGE, GRAPES. MOM PACKS SLOPPY JOES OVER THE ROASTED VEG IN THERMOS FOR TRAVEL FOR GYMNASTICS NIGHT TOO.	<ul style="list-style-type: none">• MAKE THE SLOPPY JOES AND PUT THE VEG ON THE SHEET PAN FOR THE TEENS TO PUT IN THE OVEN. I WORK FROM HOME AND DO THIS BEFORE LEAVING TO TAKE YOUNGEST TO GYMNASTICS, BUT IT COULD BE DONE ON A PREP DAY TO RE-HEAT.• PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE• PREP <u>APPLE & CINNAMON OATMEAL</u> INTO A POT FOR BREAKFAST IN THE MORNING (5 MIN PREP)• TEENS - PACK LUNCHES FOR WEDNESDAY AFTER SCHOOL. NO TRACK ON TUESDAYS RIGHT NOW.		
WED	<ul style="list-style-type: none">• <u>APPLE & CINNAMON OATMEAL</u>• CHICKEN SAUSAGE• EGGS	<ul style="list-style-type: none">• KIDS: YOUNGEST TOOK SLOPPY JOES ON A BUN, ROASTED VEG F/ DINNER LAST NIGHT. TEENS: PREP DAY CHICKEN ON SANDWICHES, BROCCOLI SOUP F/ SUNDAY, PANTRY SNACKS, APPLES.• MOM: GRILLED CHICKEN, ROASTED SQUASH & BROCCOLI, SIETE CHIPS, APPLE• DAD: GRILLED CHICKEN/RICE & APPLE	<ul style="list-style-type: none">• <u>ONE PAN STUFFED PEPPER SKILLET</u>• BANANAS OR APPLES	<ul style="list-style-type: none">• KIDS - PACK LUNCHES FOR THURSDAY AFTER SCHOOL AND TRACK PRACTICE		
THURS	<ul style="list-style-type: none">• LEFTOVER CINNAMON APPLE CINNAMON OATMEAL FROM WED.• CHICKEN SAUSAGE• EGGS	<ul style="list-style-type: none">• KIDS: YOUNGEST & 1 TEEN STUFFED PEPPER SKILLET DINNER LEFTOVERS FROM LAST NIGHT. APPLE. THE OTHER TEEN TUNA SALAD WRAPS, LEFTOVER ROASTED VEGGIES, APPLE, PANTRY SNACKS• MOM: GRILLED CHICKEN, AVO OIL FROZEN VEG BLEND FROM COSTCO, AVO OIL SWEET POTATO CHIPS, APPLE• DAD: TACO BOWLS, APPLE	<ul style="list-style-type: none">• YOUNGEST WILL HAVE PACKED CHICKEN SANDWICH, BUBBIES PICKLES, BANANA, MONSTER COOKIE ENERGY BITES, VEG STRAWS IN A LUNCHBOX IN CAR ON THE WAY TO GYMNASTICS PRACTICE.• TEENS HAVE <u>SHEET PAN CASHW CHICKEN DINNER</u> WITH BONE BROTH COOKED RICE• MOM TAKES THE SHEET PAN CASHW CHICKEN DINNER IN <u>THERMOS</u> FOR DURING GYNNASTICS	<ul style="list-style-type: none">• PREP THE <u>SHEET PAN CASHW CHICKEN DINNER</u> BEFORE LEAVING FOR GYMNASTICS PRACTICE. I WORK FROM HOME SO THIS WORKS, BUT THIS KIND OF DINNER CAN BE PREPPED ON A PREP DAY AND REHEATED.• PREP <u>ELECTROLYTE PROTEIN SMOOTHIE</u> FOR YOUNGEST AFTER PRACTICE• TEENS - PACK LUNCHES FOR FRI AFTER SCHOOL AND TRACK PRACTICE		
FRI	<ul style="list-style-type: none">• ALMOND POPPYSEED MUFFINS FROM THE FREEZER WITH SMEAR OF <u>COCONUT BUTTER</u>• CHICKEN SAUSAGE• EGGS	<ul style="list-style-type: none">• KIDS: 2 KIDS TOOK CASHW CHICKEN DINNER LEFTOVERS FROM THURS. 1 TEEN TOOK PREP DAY CHICKEN ON SANDWICH, BUBBIES PICKLES, CHIPS, ALL TOOK DRIED FIGS & OTHER PANTRY SNACKS AS NEEDED• MOM: GRILLED CHICKEN, AVO OIL FROZEN VEG BLEND FROM COSTCO, AVO OIL SWEET POTATO CHIPS, APPLE• DAD: TACO BOWLS, APPLE	<ul style="list-style-type: none">• <u>PASTA NIGHT (BAKED ZITI)</u> TO PREP FOR EARLY SATURDAY MORNING GYMNASTICS PRACTICE• BANANAS OR APPLES	<ul style="list-style-type: none">• MAKE <u>CINNAMON RAISIN QUICKBREAD</u> FOR SATURDAY BREAKFAST. I MAKE THIS WHILE CLEANING UP DINNER - 10 MINUTE PREP AND THE REST OF THE TIME IN THE OVEN! THIS RECIPE IS IN MY COOKBOOK NOURISHED MORNINGS. HERE IS ANOTHER <u>QUICK BREAD</u> RECIPE TO TRY.• PACK LUNCH FOR MOM AND YOUNGEST FOR SATURDAY GYMNASTICS PRACTICE.• ASSESS IF THERE'S ENOUGH LEFTOVERS FOR THE WEEKEND LUNCHES, AND DECIDE WHAT MEAT TO THAW FOR THE WEEKEND MEALS.		
NOTES	<ul style="list-style-type: none">• IF YOU LIVE IN AN AREA WITH DIFFERENT MEAT AVAILABLE SWAP FOR THAT• SWAP THE FRUIT/VEG FOR WHAT IS IN SEASON NEAR YOU!• COMMON IN BETWEEN MEAL SNACKS ARE <u>PROTEIN SMOOTHIES</u>, <u>PROTEIN BITES</u>, OR THIS <u>LIST OF SNACKS FOR ACTIVE KIDS!</u>					<ul style="list-style-type: none">• "PANTRY SNACKS" INCLUDE MY <u>GRANOLA BARS</u>, <u>TRAIL MIX</u>, <u>ENERGY BITES</u>, SNACK BARS (<u>THIS</u> OR <u>THIS</u>). FRUIT/VEG POUCHES, DRIED DATES OR FIGS, OR ANY OF <u>THESE PANTRY SNACKS FOR ACTIVE KIDS!</u>