

FOOD PLAY GO

MEAL PLANNER

DAY 1

Grill Night: Mini Sliders with Manchego
Frozen Peas & Corn with Feta & Toasted Walnuts
Sunday Sourdough

DAY 2

Meatless Meal: Cauliflower Gnocchi & Brussels Sprouts Sheet Pan Meal with chickpeas - the linked recipe is just inspiration going to do a on a sheet pan and finish with a tsp of truffle instead of brown butter

DAY 3

30 Minute Thai Peanut Chicken Ramen - excited to try this - not sure what my kiddos will think!
Will do raw veggies on the side for them and skip mushrooms

DAY 4

Sausages with Acorn Squash & Onions - adding cauliflower
Serving over Farro

DAY 5

Grilled Pesto Chicken
Smashed Potatoes
Fall Harvest Salad with Bibb Lettuce & Maple Cinnamon Vinaigrette

DAY 6 & 7

Eat Out/ Take Out / Leftovers

EXTRAS

Breakfast: Pear Oatmeal Muffins
Healthy Treat: Shortbread Crumble Bars with Fig Jam
Adult Lunch Idea: Easy Roasted Veggie Soup
Kids Idea: Homemade Cheese Crackers in Halloween Shapes!

