

## FOOD PLAY GO

# MEAL PLANNER

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**DAY 1**      5 Ingredient Dinner!  
Sheet Pan Gnocchi with Sausage & Broccoli

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**DAY 2**      Meatless Meal  
Family Pasta Bar  
Skinny Taste Eggplant Parmesan Leftovers

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**DAY 3**      Slow Cooker Balsamic Pork Tenderloin  
Cook once eat twice - doubling this  
Testing my make ahead mashed potatoes to be dairy free  
Fall Family Salad

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**DAY 4**      Crispy Parmesan Baked Chicken (Lollipops for kids)  
Roasted Squash (adults) & String Beans  
Oven Baked Fries

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**DAY 5**      Slow Cooker Meal # 2  
Serve with rice, cauliflower rice & sugar snap peas

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**DAY 6 & 7**      Eat Out/ Take Out / Leftovers  
Flex Meal: Breakfast for dinner - Butternut Squash, Spinach  
& Turkey Bacon Quiche

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**EXTRAS**      Breakfast: Pumpkin Pie Smoothie & Sheet Pan French Toast  
Healthy Treat: Sweet Potato Blondies  
Adult Lunch Idea: Roasted Butternut Squash Soup  
Kids Idea: Apple Sandwich

