

## FOOD PLAY GO

# MEAL PLANNER

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**DAY 1** Chickpea Cauliflower Minestrone & Roasted Chicken Sausages (carried over from last week we didn't have)

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**DAY 2** Meatless Meal: Sheet Pan Baked Feta with roasted veggies., farro and broccoli stem pesto (adapting a little) (double grain for lunch salads)

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**DAY 3** Slow Cooker Beef Tacos - corn & salad  
In a squash for adults

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**DAY 4** Pretzel Crusted Chicken  
Peas with Feta & Walnuts  
Roasted Smashed Potatoes

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**DAY 5** Meatless Meal #2: Black Bean Soup - serving as suggested like a chili bar with chips, guacamole and cheese

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**DAY 6&7** Take Out / Flex Night  
Leftover Clean out night (eggs if need more!)

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**EXTRAS** Breakfast: Vegan Berry Oatmeal Bars  
Healthy Treat: Banana Date Brownies  
Adult Lunch Inspiration: Greek Farro Chickpea Salad (use farro from day #2)  
Snack: Peanut Butter Chocolate Chickpea Dip

