

FOOD PLAY GO

MEAL PLANNER

DAY 1 Meatless Meal: Sweet Potato & Black Bean Burgers -
using less smoky spices
Serving with easy chopped salad (about half the
rainbow)

DAY 2 One Pot Ground Turkey with Pasta and Broccoli

DAY 3 Sheet Pan Sticky Ginger Sesame Chicken with
Brussels Sprouts & Rice

DAY 4 Parmesan Crusted Tilapia (using my chicken recipe for tilapia)
Roasted Delicata Squash (Adults)
Romaine & Ranch for Kids
Oven Fries for Kids

DAY 5 Chickpea Cauliflower Minestrone & Roasted Chicken
Sausages

DAY 6&7 Take Out / Flex Night
Homemade Pizza & Shaved Brussels Sprouts Salad
(kids pick their own raw veggie)

EXTRAS Breakfast Banana Cauliflower Muffins
Healthy Treat: Banana Oatmeal Cookies with Mini Chocolate Chips
Lunch Inspiration: Homemade Hummus & Lunch Tray
Snack : Cinnamon Raisin Energy Bites

