

## FOOD PLAY GO

# MEAL PLANNER

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### DAY 1

Burger Night: mini beef oven sliders (cutting this in half and eliminating the onion) & frozen veggie burgers for the non-meat lover, tater tots & spinach salad with apples & walnuts

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### DAY 2

Meatless Meal: Pasta Bar with a mediterranean theme with gnocchi (olives, tomatoes, roasted chickpeas, feta....)..

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### DAY 3

Slow Cooker White Chicken Chili with chips, avocados, lime tomatoes, and corn (you can have on the side or put in)

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### DAY 4

Sheet Pan Marinated Steak Tips and Veggies (mix of broccoli, potatoes, string beans, cauliflower) tip! making a mix for variety of taste and to roast extra for other lunches

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### DAY 5

Ground Turkey & Veggie Teriyaki Rice Bowls (going to use a mix of carrots, broccoli and peas)

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### DAY 6&7

Take Out / Flex Night/Leftovers

Restaurant Night: Kids Frozen nuggets & raw veggie

Adults: Creamy Skillet Pesto Chicken over zucchini noodles

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### EXTRAS

Breakfast: Egg White Banana Bread Oatmeal

Healthy Treat: Chewy Dairy Free Molasses Cookies

Adult Lunch Inspiration: Veggie Hummus & Cheese Sandwiches

