

FOOD PLAY GO

MEAL PLANNER

DAY 1 Build Your Own Family Cobb Salads: Everything Bagel Chicken, Turkey Bacon, Tomatoes, Avocado & Sunflower Seeds, Feta Cheese and Ranch Dressing Serve with toasted sourdough

DAY 2 Meatless Meal: Cauliflower Mac & Cheese
Side Salad with Roasted Chickpeas & Almonds

DAY 3 Slow Cooker Pork Carnitas
(I make this with a pork tenderloin to make it lighter and add 1/2 cup of broth or white wine and cut the pepper in half)
Serving in Fajitas & Lettuce Cups with cojita cheese
Roasted Brussel Sprouts

DAY 4 Grilled Rosemary Steak with Mixed Everything Bagel Grilled Vegetables and cast iron fries

DAY 5 Healthy Sheet Pan Baked Chicken Parmesan and Broccoli with your choice of pasta
(using my breaded chicken recipe and adding a little sauce and cheese to each piece 3/4 of the way through the cooking - you could make this easier and buy pre-breaded chicken tenders)

DAY 6&7 Take Out / Flex Night/ Leftovers
Leftovers still from last week + this weeks leftovers & takeout

EXTRAS Breakfast: Spinach Apple / Banana Muffins (GF & DF)
Healthy Treat: Chocolate Spinach Muffins (GF & DF)
Lunch Inspiration: Big Batch Egg Muffins (making half with veggies)
Snack: Honey Cinnamon Almond Butter Energy Bites

