

## FOOD PLAY GO

# MEAL PLANNER

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**DAY 1** Meatless Meal: Sheetpan Quesadilla with Black Beans & Corn Salad on the side (deconstructed for kids)

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**DAY 2** Cheaters Chicken Parm, Pasta of Choice & Broccoli (using pre breaded chicken tenders & pre-made sauce to make this easy!)

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**DAY 3** Grilled Mixed Herb Grilled Chicken, Mixed Everything Bagel Seasoning Veggies & Cherry Farro Salad

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**DAY 4** Family Cobb Salad: Romaine, Turkey Bacon, Tomatoes, Cucumbers, Avocados, Feta & Ranch

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**DAY 5** Sheet Pan Mini Meatloaves with potatoes and string beans

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**DAY 6&7** Take Out & Eat at the Beach  
Flex Meal: Leftovers (cooking extra chicken for easy lunches or a leftover night)

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**EXTRAS** Breakfast: Zucchini Strawberry Overnight Oats  
Snack: Banana Cauliflower Muffins  
Healthy Treat: Salted Chocolate Peanut Butter Oat Cups  
Adult Lunch: Leftover Cherry Farro Salad + Greens \_

