

FOOD PLAY GO

MEAL PLANNER

DAY 1 Meatless Meal: Homemade Pizza, Cauliflower "Bread Sticks" & Salads

DAY 2 Grilled Ranch Chicken & Cranberry, Brussels and Quinoa Salad
(note, I'll leave the raw brussels out for my kids and let them choose an alternative raw veggie)

DAY 3 Slow Cooker 2 ingredient BBQ Chicken: sliders, pickles and applesauce for kids & cauliflower rice bowls for adults with coleslaw

DAY 4 Turkey Bacon and Avocado Salad (option to add chicken from night 2 or 3), serving with toasted sourdough

DAY 5 Uncle P's Birthday Dinner: Grilled Garlic Skirt Steak, Grilled Corn & Asparagus and pesto pasta with garden tomatoes
Chocolate Chip Birthday Cookies

DAY 6&7 Take Out & Eat Out
Flex Meal: Mixed Leftover Night

EXTRAS Breakfast: Zucchini Muffins (adapting a bit)
Snack: Dried Apples
Treat: S'mores Bark
Lunch Idea: Chickpea, Feta and Cucumber Salad
(deconstructed for kids)

