

FOOD PLAY GO

MEAL PLANNER

DAY 1 Chicken with a creamy cashew sauce, broccolini & toasted sourdough or cous cous

DAY 2 Meatless Meal:
Butternut Squash Soup with Cheddar & Apple Grilled Cheese

DAY 3 (Cook Once Eat 2x)
Slow Cooker Whole Chicken with herbs, mixed veggies (carrots, broccoli & cauliflower) & potatoes/sweet potatoes

DAY 4 Sheet Pan Sausage with Gnocchi and Brussels Sprouts (may try some kale too)

DAY 5 Leftover Meal from Whole Chicken: Easy Chicken Enchiladas & simple salads (romaine tossed with tomatoes, cucumbers, avocados & ranch)

DAY 6&7 Take Out & Eat Out
Flex Meal: Leftovers or Breakfast for Dinner

EXTRAS Breakfast: Sheet Pan French Toast
Snack: Brownie Energy Bites - Bat & Witch Hat themed
Treat: Yogurt Dipped Ghost Banana Pops
Lunch Idea: Make a soup from the whole chicken and serve with a ghost quesadilla

