

FOOD PLAY GO

MEAL PLANNER

DAY 1 Chicken & Broccoli Noodle Casserole (using the rest of the chicken from my shredded chicken last week)

DAY 2 Meatless Meal:
Sheet Pan Chili Lime Fish & Brussels Sprouts (or string beans): Will serve as tacos for kids and quinoa for adults

DAY 3 Slow Cooker Beer Braised Short Rib
Option to serve as sliders, lettuce wraps or over cauliflower mash. Serving with sautéed corn BUT could also do this with a simple bagged salad!

DAY 4 Sheet Pan Chicken Thighs & Fall Vegetables

DAY 5 Slow Cooker Ground Chicken Lettuce Wraps

DAY 6&7 Take Out & Eat Out

EXTRAS Breakfast: Chocolate Baked Oats
Snack: Apple Pie Protein Bars
Treat: Apple Cauliflower Scones
Lunch Idea: Check out the Lunch Guide!

