

FOOD PLAY GO

MEAL PLANNER

DAY 1 Broccoli Detox Soup
Weekly Sourdough
Turkey Bacon or Crispy Chickpeas

DAY 2 Sheet Pan Chili Lime Fish Tacos with Veggies (peppers, onions & brussels or corn) serve with shredded lettuce, mexican cheese blend & avocado

DAY 3 Healthy Sheetpan Chicken Parmesan without the breading & broccoli (serving with toasted sourdough for those who want)

DAY 4 Air Fryer Pork Tenderloin with mixed roasted vegetables (green beans & cauliflower) & potatoes/sweet potatoes

DAY 5 Indulgent Weekend Meal: Slow Cooker Red Wine Braised Short Ribs serve with pasta or gnocchi & a simple salad

DAY 6&7 Take Out & Eat Out

EXTRAS Breakfast: Instant Pot Banana Bread Oats
Snack: Sunbutter or Peanut Butter Cheerio Bars
Healthy Treat / Snack: Raw Almond Butter Cups
Lunch Idea: Leftover soup from Day 1 and/or Roasted Vegetale Salads with extra veggies from Day 4

