

FOOD PLAY GO

MEAL PLANNER

DAY 1 Father's Day Dinner: Garlic Skirt Steak,
Mediterranean Pasta Salad & Corn

DAY 2 Honey Mustard Grilled Chicken serving with
Watermelon arugula salad with cucumbers & feta

DAY 3 Instant Pot Baby Back Ribs & String Beans + Corn Muffins

DAY 4 Costco Mediterrean Grilled Chicken Skewers Rice Bowl Bar (sticky
rice, olives, tomatoes, peppers, feta, zucchini)

DAY 5 Flexible Meal: One Pot Pasta, Sausages & Veggies

DAY 6&7 Eating Out or Leftovers

EXTRAS Father's Day Brownie Ice-Cream Sandwiches
5 Ingredient Granola Bars
Zucchini Waffles

