

FOOD PLAY GO

MEAL PLANNER

DAY 1 20 minute [Honey Garlic Cashew Chicken](#) over rice noodles with roasted string beans

DAY 2 Meatless Meal: 20 min [Chickpea Curry](#) with roasted cauliflower, rice and naan

DAY 3 [Yogurt Marinated Chicken Kebabs](#), grilled corn and broccoli & toasted pitas or sourdough for kids

DAY 4 [Easy Pizza Muffins](#) with crumbled turkey bacon and salads (you can prep and/or cook these ahead)

DAY 5 Grilled Garlic Skirt Steak, Cheesy [Cauliflower "Bread" sticks](#) (using this as a base) and zucchini

DAY 6&7 Take Out
Birthdays & Celebrations this week = going out and take out!

EXTRAS Breakfast: [Quinoa & Carrot Muffins](#)
Fun Treat: [Healthier Lemon Loaf Cake](#)
Snack / Treat: [Chocolate Covered Frozen Banana Bites](#) (Making into bites this week instead of pops)

