

SEPTEMBER 2020 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Fry Bread Tacos	2 SC - Lemon Garlic Chicken Green beans Salad with choice of dressing	3 30 Minute Skillet Buttered Corn	4 Greek Lemon Chicken Skewers with Tzatziki Sauce Grilled veggies of choice	5 Easy Baked Tilapia Steamed Asparagus
6 SC Cheesy Crockpot Tortellini Green Salad	7 Easy Cheesy Lasagna Roll-ups Salad with Creamy Italian Dressing Garlic Bread	8 Chicken Taco Salad	9 SC Broccoli & Beef with White or Brown Rice	10 Creamy Brushetta Chicken	11 Lemon Basil Grilled Pork Chops Grilled Asparagus	12 Baked Mozzarella Chicken Rolls Salad with Creamy Balsamic Vinaigrette
13 SC Salisbury Steak SC Baked potatoes Green beans	14 Skillet Chicken w/ Creamy Cilantro Lime Sauce w/ Steamed Asparagus	15 Taco Pizza Rolls	16 SC Ham & Pineapple Sandwiches Chips	17 Cheeseburger Salad	18 Easy Honey Ginger Grilled Salmon Grilled Zucchini	19 Classic Lasagna Green beans Salad with Creamy Parmesan Dressing Garlic Bread
20 SC Chicken & Stuffing Mixed Veggies	21 Spicy Sausage & Pepperoni Pizza (or your own toppings)	22 First Day of Fall French Onion Soup Burger Fries or chips	23 SC Chicken Cordon Bleu Casserole	24 Greek Style Shrimp Scampi	25 Pizza on the Grill - your choice of toppings!	26 Spicy One-Pot Pasta Dinner Green Salad if desired
27 SC Pot Roast Boursin Cheese Mashed Potatoes	28 Seafood Lasagna Veggie of choice Green Salad	29 Sloppy Joe's Chips	30 SC - Sweet Glazed Pork Chops Sweet Corn	W30 = Whole30 P = Paleo V = Vegan K = Keto LC = Low Carb	SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free	DF = Dairy Free NF = Nut Free SF = Soy Free SGF = Sugar Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Blueberry French Toast Casserole * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * 20+ Quick & Easy Breakfasts 		<ul style="list-style-type: none"> * Simply Delicious Fruit Salad * Banana Burritos * 75 Smoothie Recipes * 175+ Snack Options 		<ul style="list-style-type: none"> * Try these 15 Recipes for Teaching Kids to cook * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches 		<ul style="list-style-type: none"> * SC Blueberry Dump Cake * 39 Gluten-Free Desserts * 200+ Gluten-Free Cookie Recipes