

SEPTEMBER MEAL PLAN

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Mediterranean Grilled Chicken Thighs</u>	2 <u>Big Mac Lettuce Wraps</u>	3 <u>Garlic Butter Steak with Brussels Sprouts</u>	4 <u>Shrimp Boil</u>	5 <u>Slow Cooker Italian Beef</u>	6 <u>Beef & Broccoli With Cauliflower Rice</u>
7 <u>Lettuce Cheeseburger Wrap</u>	8 <u>Garlic Butter Chicken Bites & Lemon Asparagus</u>	9 <u>Eggroll In A Bowl With Egg Drop Soup</u>	10 <u>Sheet Pan Sesame Chicken & Veggies</u>	11 <u>Ranch Baked Pork Chops</u>	12 <u>Steak Fajitas Sheet Pan</u>	13 <u>Honey Mustard Chopped Chicken Salad</u>
14 <u>Asian Beef with Mushrooms and Snow Peas</u>	15 <u>Bang Bang Chicken Skewers</u>	16 <u>Fish Taco Bowls</u>	17 <u>Chicken & Cauliflower Rice Casserole</u>	18 <u>Balsamic Steak and Gorgonzola Salad</u>	19 <u>Chicken Parm Zucchini Boats</u>	20 <u>Loaded Burger Bowls</u>
21 <u>Steak Salad</u>	22 <u>Cauliflower Mash with Meatballs</u>	23 <u>Chicken Burrito Bowls</u>	24 <u>Tuscan Chicken With Spaghetti Squash</u>	25 <u>Cheesy Ground Beef Cauliflower Casserole</u>	26 <u>Spinach Stuffed Chicken</u>	27 <u>Baked Cod With Lemon and Garlic</u>
28 <u>Cashew Chicken Lettuce Wraps</u>	29 <u>Meatball Casserole</u>	30 <u>Taco Casserole</u>				