

September

2026

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

SHOPPING LIST:

FAVORITE MEALS: