

September Meal Plan

	Week #1	Week #2	Week #3	Week #4
MONDAY	One-Pan Pasta w/ Garden Salad	Pasta Alfredo w/ Chicken & Broccoli	Fresh Veggie Beef Ragu	Rigatoni w/ Brussels Sprouts
TUESDAY	Burrito Bowl	Black Bean Burgers & Sweet Potato fries	Chicken, Rice & Bean Casserole w/ Southwestern Salad	Indian Fry Bread
WEDNESDAY	Steak & Caesar Salad w/ Naan	BBQ Chicken & Succotash	Egg-wich w/ Hashbrowns & Fruit Salad	Pan Seared Salmon w/ Garlic Lemon Sauce, Garlic Rice & Green Beans
THURSDAY	Eat Out	Eat Out	Eat Out	Eat Out
FRIDAY	Cobb Salad	BBQ Chicken Puzza	Calzone & Salad	English Muffin Pizza & Apple Sluces
SATURDAY	Teriyaki Salmon w/ Brown Rice & Cauliflower	Johnny Marzetti & Garden Salad	Philly Stuffed Peppers w/ roasted butternut squash	Red Beans & Rice
SUNDAY	Chicken Caprese	Balsamic Chicken w/ Caprese Salad	Bruschetta Chicken w/ Orzo & Zucchini	Parmesan Crusted Chicken, Pasta w/ Marinara & Caesar Salad