

September Meal Plan

EASY AND DELICIOUS DINNERS FOR BUSY FAMILIES



WEEK 1

Monday Weekend Leftovers

Tuesday Flatbread Pizzas

Wednesday [Turkey Burgers](#) with air fryer sweet potato fries or a side salad

Thursday Pasta with [cherry tomato sauce](#) (?add ground turkey or beef or use Barilla+ Protein Pasta)

Friday [Lemon Pepper Chicken](#) + corn on the cob, watermelon, and [garlicky green beans](#)

WEEK 2

Monday [Roasted Dutch Oven Chicken](#) + potatoes and carrots *use remaining bones to make broth.

Tuesday [Frozen Air Fryer Salmon](#), corn on the cob or [mashed potatoes](#), and peaches.

Wednesday [Pesto Tortellini](#) with Chicken (Make Extra) & [applesauce](#)

Thursday Use broth from Monday to make [Black Beans and Rice Casserole](#) + chips and [guacamole](#)

Friday Leftover tortellini with leftover salmon or chicken or leftover beans and rice

WEEK 3

Monday [Ground Turkey Sloppy Joes](#) with chips and [fruit salad](#)

Tuesday [Baked Italian chicken](#) w/ [orzo and broccoli](#)

Wednesday Leftover sloppy Joes

Thursday [Chicken Caesar Salad](#) with rolls or crusty bread

Friday [Asian-Inspired Noodle Bowl](#)

WEEK 4

Monday [Air Fryer BBQ Chicken](#) (make extra) with corn on the cob and [broccoli](#).

Tuesday [Chicken Enchilada Bake](#) served with rice, chips and [guac](#) (optional)

Wednesday [Egg Casserole](#) w/ toast and fruit (breakfast for dinner)

Thursday [BBQ Chicken flatbread pizza](#) using leftovers from Monday & side salad or fruit

Friday [Green Goddess Salad](#) + hearty bread