

September Meal Plan

EASY AND DELICIOUS DINNERS FOR BUSY FAMILIES



WEEK 1

- Monday** Weekend Leftovers
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- Tuesday** Flatbread Pizzas, [Margherita](#) or [BBQ Chicken](#) Flatbreads
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- Wednesday** [Turkey Burgers](#) with [air fryer sweet potato fries](#) or a side salad
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- Thursday** Pasta with [cherry tomato sauce](#) (?add ground turkey or beef or use Barilla+ Protein Pasta)
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- 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.
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- Tuesday** [Frozen Air Fryer Salmon](#), corn on the cob or [mashed potatoes](#), and peaches.
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- Wednesday** [Pesto Tortellini](#) with Chicken (Make Extra) & [applesauce](#)
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- Thursday** Use broth from Monday to make [Black Beans and Rice Casserole](#) + chips and [guacamole](#)
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- 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