

SEPTEMBER 2026 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<u>SAUSAGE SWEET POTATO SHEET PAN WITH APPLE AND SAGE</u>	<u>DIAVOLA PIZZA WITH HOT HONEY DRIZZLE</u>	<u>SAN MARZANO TOMATO SAUCE FOR PASTA</u>	<u>BAKED CHICKEN ORZO (ONE-PAN DINNER)</u>	<u>CREAMY CHORIZO PASTA</u>
<u>SLOW COOKER SWEET AND SOUR MEATBALLS</u>	<u>SHREDDED BBQ TOFU BOWLS WITH APPLE FENNEL SLAW</u>	<u>CHEESY MINI MEATLOAF</u>	<u>CROCK POT HONEY GARLIC CHICKEN</u>	<u>MARRY ME CHICKEN PASTA</u>	<u>BBQ ROOT BEER PULLED PORK</u>	<u>HONEY GLAZED CHICKEN THIGHS</u>
<u>PHILLY CHEESESTEAK ON THE GRIDDLE</u>	<u>CHICKEN WRAP</u>	<u>CREAMY FETTUCCHINE ALFREDO WITH SHRIMP</u>	<u>BROWN SUGAR SOY CHICKEN</u>	<u>BISCUIT GRAVY CASSEROLE</u>	<u>CHEESY CHICKEN ENCHILADAS</u>	<u>CHICKEN PARMESAN WITH CHICKEN STRIPS</u>
<u>SLOPPY JOE PASTA</u>	<u>BACON CHICKEN RANCH QUESADILLAS</u>	<u>COCONUT CURRY DUMPLING BAKE</u>	<u>TACO SLOPPY JOES</u>	<u>SMOKED CHICKEN DRUMSTICKS</u>	<u>BEEF SLIDERS</u>	<u>AIR FRYER CHICKEN MEATBALLS</u>
<u>CREAMY VEGAN TORTILLA SOUP</u>	<u>BAKED JERK CHICKEN</u>	<u>ROASTED SWEET POTATO AND BLACK BEAN QUINOA SALAD</u>	<u>ORANGE CHICKEN AND RICE</u>	WWW.ASPICEDLIFE.COM		