

SEPTEMBER

2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|--|--|--|
| | | | | | | Banana 1 Chocolate Chip Zucchini Muffins |
| 2 | 3 Slow Cooker Mongolian Beef | 4 Hawaiian Ham and Pineapple Skewers | 5 Southwest Turkey, Vegetable and Rice Skillet | 6 Creamy Instant Pot Chicken Noodle Soup | 7 Mexican Black Bean Pizza | 8 Ricotta Waffles |
| 9 | 10 Slow Cooker Beef Barley Soup | 11 Cheese & Bacon Jam Stuffed Chicken Breast | 12 Healthier One Pot Skillet Lasagna | 13 Tropical Rice Bowls | 14 Best Ever Shrimp Tacos | 15 Banana Oatmeal Muffins |
| 16 | 17 Slow Cooker Beef and Lentil BBQ Sloppy Joes | 18 Instant Pot Pork Chops with Bacon Apple Glaze | 19 Lasagna Zucchini Boats | 20 Tortellini Soup Recipe | 21 Cordone Bleu Chicken Enchiladas | 22 Praline Glazed Apple Bread |
| 23/30 | 24 Slow Cooker Three Bean Chili | 25 Creamy Italian Instant Pot Chicken Breast | 26 Pork Fried Rice | 27 Cheesy Pesto Pasta | 28 BBQ Sausage, Peppers and Potato Skillet | 29 Baked Maple Glazed Apple Crisp Donuts |