

SEPTEMBER

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				The BEST ¹ Oven Fried Chicken	Air Fryer ² Bagel Bites	The Best ³ Cinnamon Buns
4	Crockpot ⁵ Meatloaf	Cajun ⁶ Chicken Pasta	Pulled Pork ⁷ on the stovetop	Potato ⁸ Corn Chowder	Salmon ⁹ Poke Bowls	Apple ¹⁰ Crisp Pancakes
11	Slow Cooker ¹² Spaghetti Sauce	Skillet ¹³ Pork Chops	Air Fryer ¹⁴ Chicken Parmesan	Bacon ¹⁵ Tortellini Bake	Ground ¹⁶ Turkey Tacos	Breakfast ¹⁷ Potatoes
18	Sweet & Sour ¹⁹ Crockpot Meatballs	Caprese ²⁰ Chicken Skillet	Sundried ²¹ Tomato Pasta	Italian ²² Sausage Soup	Mexican ²³ Black Bean Pizza	Cinnamon ²⁴ Apple Muffins
25	Slow Cooker ²⁶ Pork Tenderloin	Cheesy ²⁷ Lasagna Soup	Sriracha ²⁸ Buttermilk Oven Fried Chicken	Steak ²⁹ Fajitas	Instant Pot ³⁰ Baked Ziti	