

SEPTEMBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Tomato Basil Pasta ¹	4 Ingredient Baked Oatmeal Cups ²
3	Crockpot Meatloaf ⁴	Grilled Honey Lime Salmon ⁵	Asian Noodle Salad ⁶	Baked Chicken Drumsticks ⁷	Homemade Greek Pizza ⁸	Creamy Yogurt Fruit Salad ⁹
10	Slow Cooker Creamy Tomato Basil Chicken ¹¹	Air Fryer Meatballs ¹²	Cheesy Quesadilla ¹³	Sweet and Sour Pork ¹⁴	Mushroom and Zucchini Pasta ¹⁵	Sheet Pan Pancakes ¹⁶
17	Crockpot Lasagna Soup ¹⁸	Dorito Taco Salad ¹⁹	Baked Pork Chops ²⁰	One Pan Tuscan Orzo with Chicken ²¹	Air Fryer Egg Rolls ²²	Cheddar Bay Biscuits ²³
24	Slow Cooker Chicken Thighs ²⁵	Salmon Patties ²⁶	Honey Garlic Pork Tenderloin ²⁷	Creamy Tomato Rigatoni Pasta ²⁸	Instant Pot Potato Soup ²⁹	Cinnamon Apple Muffins ³⁰