

September

2025

just tap
to go!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Slow Cooker BBQ Ribs	2 Stuffed Peppers	3 Baked Chicken Caprese	4 Roasted Tomato Soup	5 Perfect Roast Chicken	6 Crockpot French Toast
7	8 Crockpot Salsa Chicken	9 Hamburger Soup	10 Creamy Chicken Casserole	11 Homemade Mac & Cheese	12 Meatball Subs	13 Tater Tot Breakfast Casserole
14	15 Slow Cooker Creamy Chicken Noodle Soup	16 Italian Sausage Orzo Pasta	17 Air Fryer Salmon	18 Pan Fried Chicken Breasts	19 Simple Fried Rice (with leftover chicken!)	20 Apple Coffee Cake
21	22 Honey Balsamic Slow Cooker Chicken Thighs	23 Classic Beef Stew	24 Turkey Meatloaf	25 Baked Gnocchi with Sausage	26 Air Fryer Chicken Wings	27 Healthy Banana Bread
28	29 Crockpot Lasagna	30 Pizza Sliders				