



September Meal Plan

MADE FOR YOU BY SAVORYNOTHINGS.COM

WEEK 01

- MON [Steak and Potato Foil Packets](#)
- TUE [Instant Pot Chicken Thighs](#)
- WED [One Pot Rigatoni Bolognese](#)
- THU [Balsamic Glazed Caprese Chicken](#)
- FRI [Crockpot Stuffed Peppers](#)

BREAKFAST IDEA:
[Blueberry Oatmeal Muffins](#)

TREAT IDEA:
[Cinnamon Swirl Zucchini Bread](#)

WEEK 02

- MON [Instant Pot Sloppy Joes](#)
- TUE [Greek Turkey Meatloaf](#)
- WED [Baked Lemon Garlic Butter Salmon](#)
- THU [Easy Italian Meatballs](#)
- FRI [Southwestern Crockpot Chicken Tacos](#)

BREAKFAST IDEA:
[Zucchini Breakfast Cookies](#)

TREAT IDEA:
[Quick Apple Crisp](#)

WEEK 03

- MON [One Pot Cheesy Taco Pasta](#)
- TUE [Balsamic Chicken Sheet Pan Dinner](#)
- WED [Instant Pot Sour Cream Pork Chops](#)
- THU [Easy Chicken Fried Rice](#)
- FRI [Slow Cooker Tuscan White Bean Soup](#)

BREAKFAST IDEA:
[Fluffy Pumpkin Pancakes](#)

TREAT IDEA:
[Cinnamon Sugar Apple Fritters](#)

WEEK 04

- MON [Mexican Beef and Rice Skillet](#)
- TUE [Easy Minestrone Soup](#)
- WED [Garlic Parmesan Oven Fried Chicken](#)
- THU [One Pot Tuscan Gnocchi](#)
- FRI [Creamy Crockpot Chicken Noodle Soup](#)

BREAKFAST IDEA:
[Hashbrown Breakfast Casserole](#)

TREAT IDEA:
[Cinnamon Banana Bread](#)