

Thrifty Meal Plan - September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Lemon Garlic Grilled Shrimp
2 Balsamic Pork Pot Roast	3 Mexican Chicken Casserole	4 Roasted Vegetable Pasta Bake	5 White Chicken Chili	6 Cheesy Pizza Pasta Casserole	7 Sheet Pan Pesto Chicken Drumsticks with Green Beans, Tomatoes, and Cannellini Beans	8 Easy Baked Stuffed Shells
9 Ground Turkey Meatloaf	10 Ranch Chicken Broccoli Casserole	11 One Pot Sausage and Spinach Pasta	12 Baked BBQ Chicken Wings	13 Vegetable Lomein	14 Grilled Greek Chicken	15 Parsley Parmesan Pasta
16 Easy Chicken Pot Pie	17 Zucchini and Sweet Potato Zoodle Bake	18 Pineapple Salsa Chicken	19 Garlic Butter Pasta	20 Tuscan Chicken Casserole	21 Baked Pork Chops and Apples	22 Fast Food Fish Sandwiches
23 Instant Pot Teriyaki Chicken	24 Baked Spaghetti	25 Lemon Rosemary Chicken	26 Creamy Tomato Basil Soup	27 Skillet Sheperd's Pie	28 Easy Ranch Chicken	29 Mexican Stuffed Peppers
30 Slow Cooker Honey BBQ Chicken Sandwiches						

Breakfast Options:

- [Sausage and Egg Hot Pockets](#)
- [Buttermilk Waffles](#)
- [Sausage Egg Muffins](#)
- [Breakfast Pinwheel Wraps](#)
- [Nutella Strawberry French Toast Rollups](#)

Snack Options:

- [Asian Cucumber Salad](#)
- [5-Minute Cucumber Pita Pocket](#)
- [Mango Curry Grilled Chicken Salad](#)
- [Polka Dot Pepperoni Pizza Dippers](#)
- [Mac & Cheese Cups](#)

Lunch Options:

- [Perfect Veggie Sandwiches](#)
- [Vegan Pumpkin Soup](#)
- [Orange Cranberry Quinoa Salad](#)
- [Chicken Tacos](#)
- [Peanut Butter and Jelly Rollups](#)