

# September Meal Planner

Sunday Instant Pot	Monday 30 Minutes or Less	Tuesday Taco Tuesday	Wednesday Soup	Thursday Fish	Friday Frugal Friday/Leftovers	Saturday Slow Cooker
		1 <a href="#">5-Minute Tacos</a> (serves 2)	2 <a href="#">Chicken Pot Pie Soup</a> (serves 4)	3 <a href="#">Spicy Shrimp Tacos with Cilantro Lime Sauce</a> (serves 4- 2 small tacos each)	4 Eat up leftovers or make a meal using ingredients you have on hand!	5 <a href="#">Vegan Crockpot Chili</a> (Serves 8)
6 <a href="#">Instant Pot Zuppa Toscana</a> (serves )	7 <a href="#">One Pot Smoky Lentil Vegan Taco "Meat"</a> (serves 6)	8 Beef Tacos with <a href="#">Cilantro Lime Dressing</a>	9 <a href="#">Carrot Ginger Soup</a> (serves 4-6)	10 <a href="#">Sheet Pan Salmon with Sweet Potatoes and Broccoli</a> (serves 2-4)	11 Eat up leftovers or make a meal using ingredients you have on hand!	12 <a href="#">Slow Cooker White Chicken Chili</a> (serves 5)
13 <a href="#">Instant Pot Creamy Mushroom Chicken</a> (serves 4)	14 <a href="#">Kale Falafel Hummus Wraps</a> (4 wraps)	15 <a href="#">5-Minute Tacos</a> (serves 2)	16 <a href="#">Vegetable and Quinoa Soup</a> (serves 8)	17 <a href="#">Oven Baked Cod</a> (serves 2), roasted zucchini, butternut squash	18 Eat up leftovers or make a meal using ingredients you have on hand!	19 <a href="#">Slow Cooker Chicken and Butternut Squash Stew</a> (serves 4)
20 <a href="#">Instant Pot 3 Bean Vegan Chili</a> (makes 8 cups)	21 <a href="#">Avocado Grilled Cheese Sandwich</a> (serves 2). Serve with tomato soup!	22 Veggie fajita burrito bowls with cauliflower rice	23 <a href="#">Chicken Pot Pie Soup</a> (serves 4)	24 <a href="#">Spicy Shrimp Tacos with Cilantro Lime Sauce</a> (serves 4- 2 small tacos each)	25 Eat up leftovers or make a meal using ingredients you have on hand!	26 <a href="#">Slow Cooker Cheeseburger Soup</a> (serves 8)
27 <a href="#">Instant Pot Chicken Noodle Soup</a> (serves 4)	28 <a href="#">Chickpea Couscous Bowls</a> (serves 4)	29 Shredded Chicken Tacos with <a href="#">Cilantro Lime Dressing</a>	30 <a href="#">Carrot Ginger Soup</a> (serves 4-6)			

Breakfast Ideas	Lunch Ideas	Snack Ideas
<a href="#">Apple and Cinnamon Quinoa Breakfast Bowls</a> <a href="#">Paleo Blueberry Waffles</a> <a href="#">Strawberry Coconut Breakfast Bake</a>	<a href="#">Salmon BLT Salad</a> <a href="#">Buffalo Chicken Salad</a> <a href="#">Butternut Squash Salad</a>	Homemade trail mix <a href="#">Easy Whole 30 Snack Ideas</a> <a href="#">Peanut Butter Chocolate Chip Energy Balls</a>
Dessert	Kids	
<a href="#">No Bake Peanut Butter Chocolate Bars</a> <a href="#">15 Easy Paleo Desserts with Minimal Ingredients</a> (Paleo Running Mama)	<a href="#">Frozen Peanut Butter and Chocolate Bites</a> <a href="#">33 Simple Kids Meal Ideas</a>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			