

September Meal Ideas

MONDAY

Chocolate Protein Yogurt
Pudding

TUESDAY

Poached Eggs With
Asparagus Toast

WEDNESDAY

Mozzarella and Egg
Breakfast Sandwich

THURSDAY

Slow Cooker Banana
Bread Oatmeal

FRIDAY

Oven-Fried Chicken and
Gluten-Free Waffles

Breakfast

MONDAY

Smoked Gouda Grilled
Cheese

TUESDAY

Turkey Taco Lettuce
Wraps

WEDNESDAY

Turkey, Goat Cheese, and
Avocado Rolls

THURSDAY

Baked Monte Cristo
Sliderrs

FRIDAY

Bowtie Chicken Caesar
Salad

Lunch

MONDAY

Chicken Piccata

TUESDAY

Chicken & Wild Rice Soup

WEDNESDAY

Skinny Chicken Alfredo

THURSDAY

Black Bean Burgers

FRIDAY

Cauliflower Pizza Bake

Dinner

MONDAY

Cookie Dough Enegy Balls

TUESDAY

Unicorn Bark

WEDNESDAY

Ahi Bruschetta

THURSDAY

5-Min Olive Tapenade

FRIDAY

Weekend Pumpkin Scones

Snacks/Treats