

september

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(S) ① Cabb + Saus skillet pg. 58 THM Cookbook	(S) ② Grilled burgers, coleslaw + fresh veggies	(E) ③ Hearty Two Bean + Lentil Chili	(E) ④ Cowboy Grub pg. 59 THM Cookbook	(S) ⑤ Crockpot Buffalo Chicken in a lettuce wrap pg. 92 THT	(S) ⑥ Taco Salad	(S) ⑦ Fathead Pizza
(E) ⑧ Italian White Bean + Spinach Soup	(S) ⑨ World's Laziest Lasagna Skillet w/ side salad pg. 69 THT	(E) ⑩ Chicken Fried Double Rice pg. 53 THT	(E) ⑪ Hearty Lentil, Chicken Sausage + Spinach Soup pg. 85 THT	(S) ⑫ Creamy Taco Soup	(E) ⑬ Sweet + Spicy Stir-fry	(S) ⑭ Fathead Pizza
(S) ⑮ Whoop Whoop Soup pg. 149 THT	(S) ⑯ Taco Salad	(S) ⑰ Creamy Herb chicken w/ veggies pg. 165 THM Cookbook	(E) ⑱ Black Pepper Chicken over brown rice pg. 68 THT	(S) ⑲ Spaghetti over zoodles	(E) ⑳ Black Bean Burrito Bowls w/ Brown Spanish Rice	(S) ㉑ Fathead Pizza
(S) ㉒ Creamy Taco Soup	(S) ㉓ Zesty Southwest Chop Up pg. 182 THM Cookbook	(E) ㉔ Chicken Fried Double Rice pg. 53 THT	(S) ㉕ Stew of Love pg. 101 THT	(E) ㉖ Hearty Two Bean + Lentil Chili	(E) ㉗ Cowboy Grub pg. 59 THM Cookbook	(S) ㉘ Fathead Pizza
(E) ㉙ Black Bean Burrito Bowls w/ Brown Spanish Rice	(S) ㉚ Totally Dope Chicken in lettuce wrap w/ veggies pg. 104 THT	Oct ① (S) World's Laziest Lasagna Skillet w/ side salad pg. 69 THT	(E) ② Sweet + Spicy Stir-fry	(E) ③ Italian White Bean + Spinach Soup	(S) ④ Taco Salad	(S) ⑤ Fathead Pizza