

SEPTEMBER 2020 MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Creamy basil baked sausage , pasta, broccoli	2 Easy oven fajitas , black beans, corn	3 Quick lemon garlic fish , rice, asparagus	4 Sloppy joes , french fries, fruit
5 Slow cooker balsamic chicken , rice, carrots	6 Summer vegetable gumbo	7 Moo shu chicken	8 Pasta primavera with cauliflower sauce	9 Smoked sausage, red beans and rice	10 Crispy baked fish nuggets , french fries, coleslaw	11 Spinach feta grilled cheese , fruit
12 30 minute chili , cornbread	13 Spanish rice and ground beef skillet , green vegetable	14 Asian bowls	15 Broccoli fettucini alfredo	16 Black bean and rice enchiladas , corn	17 Grilled salmon , rice, asparagus	18 Slow cooker french dip sandwiches , fruit
19 Lentil and sweet potato shepherd's pie , green beans	20 Homemade chicken divan	21 Thai style beef stir fry	22 Super simple sausage pasta , broccoli	23 Baked nachos , corn	24 Sausage shrimp stir fry , rice	25 Hot dogs or sausage, chips, raw veggies and dip
26 BBQ rub chicken , roasted potatoes, green beans	27 Smashed burgers , French fries, carrots	28 Slow cooker Hawaiian meatballs , rice, green beans	29 Skillet lasagna , broccoli	30 Black bean and sweet potato quesadillas , corn		