



POSITIVELY STACEY - A FULL MONTH OF DINNER IDEAS!



SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dinner Out	2 Grilled Hamburgers Baked Beans, Cole Slaw Watermelon, Scotcheroos
3 Salmon, Quinoa, Mixed Vegetables	4 Shakashuka	5 Turkey, Kale, and Butternut Squash Soup	6 Mediterranean Chicken Salad	7 Slow Cooker Chicken Tacos Cantaloupe	8 Tuna Melts Green Beans	9 Pizza and Salad
10 Pan Roasted Cod on Spinach Basil Risotto	11 Vegetable Stuffed Portobello Mushrooms	12 Taco Salad	13 Bacon, Lettuce, and Tomato Sandwiches	14 Black Bean, Veggie and Chicken Burritos	15 Mahi Mahi Burgers	16 Dinner Out Pho
17 Beef Short Ribs Sautéed Broccolini Polenta	18 Red Bell Pepper and Tomato Bisque Grilled Cheese Sandwich	19 Thai Steak Salad with Noodles	20 Peppers and Sausage	21 Huevos Rancheros	22 Chicken Thighs, Couscous Broccoli	23 Dinner Out Oktoberfest
24 Easy Italian Pot Roast Polenta	25 Egg Frittata With Fire Roasted Vegetables Green Salad	26 Pork Loin, Potatoes Green Beans	27 Chicken and Vegetable Stir-Fry and Rice	28 Ground Turkey, Red Sauce, Veggies Topped Pasta	29 Taco Salad	30 Talapia, Quinoa, Mixed Vegetables

Notes:

IT HAPPENS EVERY NIGHT...

BE READY. PLAN TO EAT.

<http://positivelystacey.com/>