

Real Food Meal Plan September

<u>Kent's Sicilian Summer Stew from Kelly the Kitchen Kop</u>	<u>Monster Zucchini and Basil Strata from Kalyn's Kitchen</u>	<u>Philly Cheese Sandwich, Vegetarian Style from Skinny Ms</u>	<u>Roasted Garden Vegetable Lasagna from Finding Joy in My Kitchen</u>	<u>Slow Cooker Recipe for Vegetarian Greek Lentil Soup with Tomatoes, Spinach, and Feta from Kalyn's Kitchen</u>	<u>Sweet Corn Cakes with Roasted Vegetable Salsa from Skinny Ms</u>	<u>White Bean and Spinach Tacos from Cooking Light</u>
<u>CrockPot Greek Chicken Soup with Garbanzos and Oregano from Kalyn's Kitchen</u>	<u>Greek Chicken Stew with Cauliflower Rice from Skinny Ms</u>	<u>Greek Lentil Soup with Red Pepper and Feta from The Perfect Pantry</u>	<u>Indian Chickpea-and-Vegetable Stew from All*You</u>	<u>Oven Baked Spanish Tortilla from Woman's Day</u>	<u>Slow Cooker Broccoli, Brown Rice, and Cheddar Casserole from Skinny Ms</u>	<u>Slow Cooker Corn & Red Pepper Chowder from Oh My Veggies</u>
<u>Thai Chicken Naan Pizza Recipe with Peanut Sauce, Red Pepper & Carrots from Cookin Canuck</u>	<u>Chicken and White Bean Enchiladas with Creamy Salsa Verde from Skinnytaste</u>	<u>Clean Eating Tortilla Chicken Stew from The Gracious Pantry</u>	<u>Mostly Organic Chicken Enchiladas from Kelly the Kitchen Kop</u>	<u>Slow Cooker Vegetarian Pasta e Fagioli Soup Recipe with Whole Wheat Orzo from Kalyn's Kitchen</u>	<u>Slow Cooker White Bean Soup from Budget Bytes</u>	