

Jennifer's Simplified September Dinner Menu

Wholesome, budget-friendly family dinners to welcome the cozy transition of autumn

Hey y'all! As the summer heat slowly begins to soften and we look forward to the beautiful, crisp days of autumn, my heart is just so full of gratitude. September is such a special season of transition—a time for getting...

WEEK 1 DINNER LINEUP

Tuesday, September 1	S	<u>Easy and Delicious Low Carb Mexican Pizza</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Wednesday, September 2	S	<u>Healthy Bang Bang Chicken</u>
Thursday, September 3	E	<u>Easy Crockpot Sweet and Sour Chicken</u>
Friday, September 4	S	<u>Creamy Kielbasa and Cabbage Skillet</u>
Saturday, September 5	S	<u>Greek Inspired Smash Tacos! Low Carb and THM S</u>
Sunday, September 6	S	<u>Super Easy and Cheesy Meatball Bake, Low Carb and Trim Healthy Mama S</u>
Monday, September 7	S	<u>40+ Easy THM Summer Cookout Recipes for July 4th & BBQs</u>

WEEK 2 DINNER LINEUP

Tuesday, September 8	S	<u>Chicken Enchiladas with Verde Cream Sauce</u>
Wednesday, September 9	S	<u>Marvelous Marry Me Chicken: Low Carb and Trim Healthy Mama S!</u>
Thursday, September 10	E	<u>High Protein Elote Chicken Bowl</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Friday, September 11	S	<u>Easy & Delicious: THM S Bacon Cheeseburger Skillet</u>
Saturday, September 12	S	<u>Potsticker Smash Tacos</u> Side pairing: <u>A crisp sesame ginger cabbage slaw or a side of steamed broccoli</u>
Sunday, September 13	S	<u>Easy Oven-Baked Chicken Parmesan</u>
Monday, September 14	S	<u>Crockpot Ranch Pork Chops</u>

WEEK 3 DINNER LINEUP

Tuesday, September 15	S	<u>Pollo Con Queso- Fantastic, Low Carb and Trim Healthy Mama S</u>
Wednesday, September 16	S	<u>Easy and Delicious Chicken Piccata: Low Carb and Trim Healthy Mama S</u>
Thursday, September 17	E	<u>Creamy Light Potato Soup</u>
Friday, September 18	S	<u>Creamy Taco Beef Cauliflower Rice Skillet</u>
Saturday, September 19	S	<u>Low Carb Big Mac Smash Tacos</u>
Sunday, September 20	S	<u>Hot Honey Garlic Sirloin Steak Bites</u>
Monday, September 21	S	<u>The Easiest Creamy Crockpot Spinach Meatballs: Low Carb, Trim Healthy Mama S</u>

WEEK 4 DINNER LINEUP

Tuesday, September 22	S	<u>The Best Taco Texas Trash Chicken</u> Side pairing: <u>Spanish Cauliflower Rice</u>
Wednesday, September 23	S	<u>Cheesy Cabbage Skillet</u>
Thursday, September 24	E	<u>Hawaiian Chicken Sheet Pan Dinner</u>
Friday, September 25	S	<u>Creamy Chicken Cordon Bleu Skillet</u>
Saturday, September 26	S	<u>Chicken Bacon Ranch Smash Tacos</u>
Sunday, September 27	S	<u>Creamy Boursin Chicken Bake</u>
Monday, September 28	S	<u>Tender and Effortless Lemon Garlic Butter Chicken, Crockpot</u> Side pairing: <u>High-Protein Mashed Potatoes</u>

JENNIFER'S QUICK TRHM KITCHEN PREP TIPS

- Prep your veggies on the weekend: Chop your onions, bell peppers, and cabbage on Sunday afternoon so your weeknight skillet dinners can come together in ten minutes flat.
- Utilize your slow cooker: On busy Mondays, get your crockpot prepped and turned on right after breakfast so you can walk into a warm, delicious-smelling kitchen at dinnertime.
- Double your taco meat: When browning ground beef for Mexican night, make a double batch and freeze half to jumpstart your skillet meals later in the month.