

# Sep2019

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SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b> <a href="#">Instant Pot Red Curry Lentils</a> and Rice	<b>02</b> <a href="#">Flank Steak and Veggie Stir Fry with Rice Noodles</a>	<b>03</b> <a href="#">Taco Torte</a> with Salad	<b>04</b> <a href="#">Spinach and Feta Turkey Burgers</a>	<b>05</b> <a href="#">Salmon Teriyaki with Cauliflower Rice</a>	<b>07</b>
	<b>08</b> <a href="#">Broccoli Cheddar Chicken Rice Casserole</a>	<b>09</b> <a href="#">Instant Pot- Pot Roast</a>	<b>10</b> <a href="#">Kale Caesar Salad with Instant Pot Minestrone</a>	<b>11</b> <a href="#">Fettuccine with Slow Roasted tomatoes</a>	<b>12</b> <a href="#">Chipotle Orange Chicken Tacos with Mango Slaw</a>	<b>14</b>
	<b>15</b> <a href="#">Quick Pasta and Chick Peas</a>	<b>16</b> <a href="#">Grilled Pork Chops + Watermelon Mint Salad</a>	<b>17</b> <a href="#">Korean Beef Bulgogi</a>	<b>18</b> <a href="#">Detox Lentil Soup</a>	<b>19</b> <a href="#">Orange Ginger Chicken, Crispy Smashed Potatoes</a>	<b>21</b>
	<b>22</b> <a href="#">Polenta with Swiss Chard and Baby Bellas</a>	<b>23</b> <a href="#">BBQ jackfruit sliders</a>	<b>24</b> <a href="#">Spaghetti and Meatballs</a> with salad	<b>25</b> <a href="#">Sticky sweet Thai Wings</a> with <a href="#">coconut rice</a> and	<b>26</b> <a href="#">Instant Pot Chili</a>	<b>27</b> <b>28</b>
	<b>29</b> <a href="#">Butternut Squash Mac and Cheese</a>	<b>30</b>				