Risa's Family Kitchen

MONTHLY MEAL PLAN

Plan less. Enjoy dinner more. Every recipe is just one click away.

SEPTEMBER 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
RISA'S FAMILY KITCHEN		1 Baked Chicken Orzo (One-Pan Dinner)	2 Air Fryer Chicken Meatballs	3 Chicken Wrap	4 Sausage Sweet Potato Sheet Pan with Apple and Sage	5 California Chicken with Honey Lime Dressing
6 Orange Chicken and Rice	7 Taco Sloppy Joes	8 Slow Cooker Sweet and Sour Meatballs	9 Crock Pot Honey Garlic Chicken	10 Marry Me Chicken Pasta	11 BBQ Root Beer Pulled Pork	12 Honey Glazed Chicken Thighs
13 Cheesy Chicken Enchiladas	14 Easy Swedish Meatballs	15 Creamy Fettuccine Alfredo with Shrimp	16 Brown Sugar Soy Chicken	17 Biscuit Gravy Breakfast Casserole	18 Shredded BBQ Tofu Bowls with Apple Fennel Slaw	19 Roasted Sweet Potato and Black Bean Quinoa Salad
20 Coconut Curry Dumpling Bake	21 Creamy Vegan Tortilla Soup	22 Bacon Chicken Ranch Quesadillas	23 Philly Cheesesteak on the griddle	24 Smoked Chicken Drumsticks	25 Beef Sliders	26 Sloppy Joe Pasta
27 Chicken Parmesan With Chicken Strips	28 Creamy Chorizo Pasta	29 Baked Jerk Chicken	30 Bruschetta Chicken with Mozzarella			