

SEPTEMBER 18, 2025

# *Recipes*

CLICK ON EACH MEAL BELOW FOR LINKS TO THE ORIGINAL RECIPE

- CHICKEN ENCHILADA CAULIFLOWER CASSEROLE
- TURKEY PUMPKIN WHITE BEAN CHILI
- SAUSAGE, PEPPERS, AND ONION TORTELLINI SKILLET
- SALSA VERDE CHICKEN BITES

# *Grocery Lists*

CLICK [HERE](#) FOR COMPILED GROCERY LISTS, ONE FOR EACH MEAL AND ONE FOR THE FULL WEEK'S LINE-UP