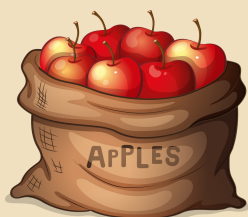




SEPTEMBER SEASONAL MENU

2 Adults · ~1,300–1,470 cal/day · Fall NY Produce + Game Day Favorites · Budget ~\$140

	MONDAY	TUESDAY	WEDNESDAY MEATLESS	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Apple Cinnamon Overnight Oats Oats, milk, diced apple, cinnamon, walnuts, chia. Prep the night before. ~350 cal	Pumpkin Spice Protein Smoothie Protein powder, pumpkin puree, banana, cinnamon, milk. ~370 cal	Pear & Walnut Yogurt Bowl Greek yogurt, sliced pear, walnuts, honey drizzle. No cook. ~350 cal	Egg & Veggie Breakfast Burrito Whole wheat wrap, eggs, spinach, bell pepper, cheese. ~380 cal	Maple Pecan Overnight Oats Oats, milk, maple syrup, pecans, cinnamon. Prep the night before. ~390 cal	Fall Harvest Egg Muffins Eggs, spinach, sweet potato, feta. Make ahead, grab and go. ~340 cal
LUNCH	Turkey & Apple Harvest Salad Mixed greens, turkey, apple, walnuts, feta, balsamic. ~400 cal	Butternut Squash & Chickpea Bowl Roasted butternut squash, chickpeas, spinach, feta, tahini. ~410 cal	Hummus & Veggie Wrap Whole wheat wrap, hummus, cucumber, shredded carrot, spinach. No cook. ~390 cal	Leftover Turkey Chili Reheat Monday's dinner — always an easy win. ~400 cal	Turkey Club Wrap Turkey, turkey bacon, spinach, tomato, light mayo, whole wheat wrap. ~420 cal	Chicken Caesar Salad Rotisserie chicken, romaine, parmesan, Caesar dressing, croutons. No cook. ~400 cal
DINNER	Game Day Turkey Chili Lean ground turkey, black beans, tomatoes, peppers, chili spices. Made for Monday Night Football, extra for Thursday. ~520 cal	Sheet Pan Chicken, Brussels Sprouts & Sweet Potato One pan — chicken thighs, Brussels sprouts, sweet potato, herbs. ~30 min. ~550 cal	Butternut Squash Mac & Cheese Whole wheat pasta, butternut squash sauce, light cheddar. ~490 cal	Baked Buffalo Chicken Lettuce Wraps Shredded chicken, buffalo sauce, butter lettuce, side of sweet potato fries. ~510 cal	Turkey Sliders & Roasted Broccoli Lean turkey patties, whole wheat slider buns, roasted broccoli. ~540 cal	Tailgate Baked Wings + Veggie Tray Oven-baked drumettes, buffalo or BBQ, celery, carrots, Greek yogurt ranch dip. ~560 cal
SNACK	Apple slices + peanut butter ~100 cal	Greek yogurt + honey + granola ~140 cal	Baby carrots + hummus ~110 cal	Air-popped popcorn ~110 cal	String cheese + grapes ~100 cal	Apple slices + almond butter ~140 cal
DAILY TOTAL	~1,370 cal	~1,470 cal	~1,330 cal	~1,400 cal	~1,450 cal	~1,440 cal



★ THIS IS A SAMPLE MEAL PLAN ★

Feel free to swap any meal with one of your personal favorites — this plan is a starting point, not a rulebook!

Game Day Tip: Monday's chili and Saturday's tailgate spread both make great leftovers, and baked wings beat fried without losing the flavor.

Vitality Transformations · vitalitytransformations.com





GROCERY LIST

September Seasonal Menu · 2 Adults · Estimated ~\$140 · Pantry staples (salt, pepper, olive oil) not included

PRODUCE	MEAT & SEAFOOD / DAIRY & EGGS	BAKERY & BREAD	PANTRY & DRY GOODS
Apples 4 Pears 2 Bananas 2 Grapes 1 bunch Butternut squash 2 medium Brussels sprouts 1 lb Sweet potatoes 4 medium Romaine lettuce 1 head Broccoli 1 head Baby carrots 1 bag Celery 1 bunch Bell peppers 2 medium Yellow onion 2 Garlic 1 head Cherry tomatoes 1 pint Spinach 2 (5 oz) bags Arugula 5 oz bag Mixed greens 5 oz bag Lemons 2	Lean ground turkey 2 lb Boneless chicken thighs 1.5 lb Shredded rotisserie or cooked chicken 2 cups Chicken drumettes 2 lb Deli turkey breast 1 lb Turkey bacon 1 pkg Lean turkey (for sliders) 1 lb Eggs 18-count Plain Greek yogurt 32 oz Feta crumbles 4 oz Shredded cheddar 8 oz Parmesan, grated 4 oz String cheese 2-pack	Whole wheat wraps 1 pkg (8 ct) Whole wheat slider buns 1 pkg (8 ct)	Rolled oats 1 bag Whole wheat pasta 1 box Vanilla protein powder 1 tub Chia seeds 1 small bag Granola 1 small bag Walnuts 1 bag Pecans 1 small bag Almond butter 1 jar Peanut butter 1 jar Tahini 1 jar Chickpeas (canned) 1 can Hummus 1 tub Caesar dressing 1 bottle Whole wheat croutons 1 bag Black beans (canned) 2 cans Diced tomatoes (canned) 2 cans Pumpkin puree (canned) 1 can Buffalo sauce 1 bottle BBQ sauce 1 bottle Chili seasoning 1 packet Honey 1 bottle Maple syrup 1 bottle Cinnamon (if needed) 1 jar Popcorn kernels 1 bag

★ This is a sample grocery list. Adjust quantities based on your household size and any meal swaps you make.