

September Seasonal Menu

Fall New York produce meets game day favorites, with simple meals for busy fall weeks.

- 2 adults
- ~1,300–1,470 cal/day
- Budget ~\$140
- Game day favorites

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

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

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.

Grocery List

September Seasonal Menu · 2 adults · estimated ~\$140 · pantry staples (salt, pepper, olive oil) not included

PRODUCE

- ☐ Apples 4
- ☐ Pears 2
- ☐ Bananas 2
- ☐ Grapes 1 bunch
- ☐ Butternut squash 2 medium
- ☐ Brussels sprouts 1 lb
- ☐ Sweet potatoes 5 medium
- ☐ Romaine lettuce 1 head
- ☐ Butter lettuce 2 small heads
- ☐ Broccoli 1 head
- ☐ Baby carrots 1 bag
- ☐ Celery 1 bunch
- ☐ Cucumber 1 medium
- ☐ 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

MEAT & SEAFOOD, DAIRY & EGGS

- ☐ Lean ground turkey 2 lb
- ☐ Boneless chicken thighs 1.5 lb
- ☐ Shredded rotisserie or cooked chicken 4 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
- ☐ Milk (2%) 1/2 gallon
- ☐ Feta crumbles 6 oz
- ☐ Shredded cheddar 8 oz
- ☐ Parmesan, grated 4 oz
- ☐ String cheese 2-pack

BAKERY & BREAD

- ☐ Whole wheat wraps 1 pkg (8 ct)
- ☐ Whole wheat slider buns 1 pkg (8 ct)

PANTRY & DRY GOODS

- ☐ 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
- ☐ Balsamic vinaigrette 1 bottle
- ☐ Whole wheat croutons 1 bag
- ☐ Light mayo 1 small jar
- ☐ Black beans (canned) 2 cans
- ☐ Diced tomatoes (canned) 2 cans
- ☐ Pumpkin puree (canned) 1 can
- ☐ Buffalo sauce 1 bottle
- ☐ BBQ sauce 1 bottle
- ☐ Ranch seasoning 1 packet
- ☐ 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.

Portion Guide

How to measure each meal to hit the calories listed on your September menu

Why this matters: the calorie estimates are based on standard portion sizes. Use this guide alongside the menu to measure out each meal. These are estimates, so exact ingredient brands can shift numbers slightly. Use your own judgment and adjust as needed. Meat and fish weights are raw unless marked cooked.

Monday		~1,370 cal
BREAKFAST	Apple Cinnamon Overnight Oats: 1/2 cup rolled oats, 3/4 cup 2% milk, 1/2 apple, diced, 1 tbsp walnuts, 1 tsp chia seeds, cinnamon. <i>Prep the night before.</i>	~350
LUNCH	Turkey & Apple Harvest Salad: 2 cups mixed greens, 4 oz deli turkey breast, 1/2 apple, sliced, 1 tbsp walnuts, 1 oz feta crumbles, 2 tbsp balsamic vinaigrette.	~400
DINNER	Game Day Turkey Chili: About 2 cups chili (6 oz lean ground turkey, 1/2 cup black beans, 1/2 cup diced tomatoes, 1/2 cup diced bell pepper, 1/4 cup diced onion, chili seasoning, 1 tsp olive oil, 2 tbsp shredded cheddar, 2 tbsp plain Greek yogurt). <i>Made for Monday Night Football, extra for Thursday.</i>	~520
SNACK	Apple Slices + Peanut Butter: 1/2 medium apple, sliced, 1/2 tbsp peanut butter.	~100
Tuesday		~1,470 cal
BREAKFAST	Pumpkin Spice Protein Smoothie: 1 scoop vanilla protein powder, 1/3 cup pumpkin puree, 1 banana, 1 cup 2% milk, cinnamon.	~370
LUNCH	Butternut Squash & Chickpea Bowl: 1 cup roasted butternut squash, 1/2 cup chickpeas, 1 cup spinach, 1 oz feta crumbles, 1 tbsp tahini, 1 tsp olive oil.	~410
DINNER	Sheet Pan Chicken, Brussels Sprouts & Sweet Potato: 8 oz boneless chicken thighs, 1 1/2 cups Brussels sprouts, 1 medium sweet potato, 2 tsp olive oil, herbs. <i>About 30 min.</i>	~550
SNACK	Greek Yogurt + Honey + Granola: 1/2 cup plain Greek yogurt, 2 tsp honey, 1 tbsp granola.	~140
Wednesday MEATLESS		~1,340 cal
BREAKFAST	Pear & Walnut Yogurt Bowl: 1 cup plain Greek yogurt, 1 medium pear, sliced, 2 tbsp walnuts, 1 tsp honey. <i>No cook.</i>	~350
LUNCH	Hummus & Veggie Wrap: 1 whole wheat wrap, 1/3 cup hummus, 1/4 cucumber, sliced, 1/4 cup shredded carrot, 1 cup spinach. <i>No cook.</i>	~390
DINNER	Butternut Squash Mac & Cheese: 2.5 oz dry whole wheat pasta, 1 cup butternut squash sauce, 1/3 cup shredded cheddar.	~490
SNACK	Baby Carrots + Hummus: 3/4 cup baby carrots, 2 tbsp hummus.	~110
Thursday		~1,400 cal
BREAKFAST	Egg & Veggie Breakfast Burrito: 1 whole wheat wrap, 2 eggs, scrambled, 1 cup spinach, 1/4 cup diced bell pepper, 2 tbsp shredded cheddar.	~380
LUNCH	Leftover Turkey Chili: About 1 1/2 cups leftover chili, 2 tbsp shredded cheddar, 2 tbsp plain Greek yogurt. <i>Always an easy win.</i>	~400
DINNER	Baked Buffalo Chicken Lettuce Wraps: 6 oz cooked shredded chicken, 2 tbsp buffalo sauce, 6 butter lettuce leaves, 1 medium sweet potato, cut into fries, 2 tsp olive oil.	~510
SNACK	Air-Popped Popcorn: 3 1/2 cups air-popped popcorn.	~110
Friday		~1,450 cal
BREAKFAST	Maple Pecan Overnight Oats: 1/2 cup rolled oats, 3/4 cup 2% milk, 1 tbsp maple syrup, 2 tbsp chopped pecans, cinnamon. <i>Prep the night before.</i>	~390
LUNCH	Turkey Club Wrap: 1 whole wheat wrap, 4 oz deli turkey breast, 3 slices turkey bacon, 1 cup spinach, 3 tomato slices, 1 tbsp light mayo.	~420
DINNER	Turkey Sliders & Roasted Broccoli: 2 slider patties (5 oz lean ground turkey total), 2 whole wheat slider buns, 1 1/2 cups roasted broccoli, 2 tsp olive oil.	~540
SNACK	String Cheese + Grapes: 1 string cheese, 1/4 cup grapes.	~100
Saturday		~1,440 cal
BREAKFAST	Fall Harvest Egg Muffins: 3 egg muffins (3 eggs, 1/2 cup spinach, 1/3 cup diced sweet potato, 1 oz feta crumbles). <i>Make ahead, grab and go.</i>	~340
LUNCH	Chicken Caesar Salad: 3 cups chopped romaine, 4 oz rotisserie chicken, skin removed, 2 tbsp grated parmesan, 1 1/2 tbsp Caesar dressing, 1/4 cup croutons. <i>No cook.</i>	~400
DINNER	Tailgate Baked Wings + Veggie Tray: 6 oven-baked chicken drumettes, 2 tbsp buffalo sauce, 2 celery stalks, 1/2 cup baby carrots, 2 tbsp Greek yogurt ranch dip.	~560
SNACK	Apple Slices + Almond Butter: 1/2 medium apple, sliced, 1 tbsp almond butter.	~140

A free app like MyFitnessPal or Cronometer can fine-tune any of these numbers, and you can log meals right in the Vitality Transformations App. Monday's chili is built as a double batch on purpose: cook once, eat twice.