

Fall is Comin'

September 2026



Simple Mixes

EASY FAMILY MEALS FOR BUSY FALL EVENINGS.

September brings a fresh start—new routines, cooler evenings, and the return of family dinners around the table. As schedules fill up with school, sports, and everything in between, this month's meal plan is here to make dinnertime one less thing to worry about.

Inside you'll find five weeks of simple, family-friendly recipes featuring quick weeknight meals, cozy comfort foods, and a few fun treats along the way. Plus, each week includes a grocery list to help you save time and shop with confidence.

Here's to a month of less stress, more home-cooked meals, and making memories one supper at a time.



From My Kitchen to Yours
~your favorite
pampered | chef

INDEPENDENT CONSULTANT

Week 1

BASIC OMELET

BAKED WAFFLE
STICKS

KIDS'
QUICK & EASY
FAJITAS

BACON, LINGUINI &
TOMATO TOSS

BAKED HAM & CHEESE
SANDWICHES



PROTEIN

- EGGS
- CHICKEN BREAST TENDERLOINS
- SLICED DELI HAM
- BACON



DAIRY

- BUTTER
- MILK
- SHREDDED CHEDDAR CHEESE
- SOUR CREAM
- CREAM CHEESE
- PARMESAN CHEESE
- FETA CHEESE (OPTIONAL FOR OMELETS)



BREAD, PASTA & GRAIN

- FLOUR TORTILLAS
- SANDWICH ROLLS OR BUNS
- LINGUINI PASTA



REFRIGERATED /FROZEN

- FROZEN CORN (IF PURCHASING FROM THE FREEZER SECTION)



PANTRY

- FLOUR
- GRANULATED SUGAR
- BAKING POWDER
- SALT
- BLACK PEPPER
- VANILLA EXTRACT
- VEGETABLE OR CANOLA OIL
- CHICKEN BROTH
- FROZEN CORN
- TACO SEASONING
- MILD SALSA
- CRUSHED RED PEPPER FLAKES (OPTIONAL)



PRODUCE

- MINI BELL PEPPERS
- ONION
- GARLIC
- FRESH SPINACH (OPTIONAL)
- PLUM TOMATO
- ITALIAN-STYLE DICED TOMATOES (CANNED)
- GRAPE TOMATOES (OPTIONAL)
- FRESH PARSLEY





Week 2

<u>GRILLED</u> <u>CHICKEN</u> <u>PENNE</u> <u>AL FRESCO</u>	<u>BACON-</u> <u>WRAPPED</u> <u>STUFFED</u> <u>PEPPER</u> <u>POPPERS</u>	<u>CHICKEN POT</u> <u>PIE CHOWDER</u>	<u>SHEPHERD'S</u> <u>PIE</u>
<u>CHERRY</u> <u>CHEESE</u> <u>COFFEE CAKE</u>	<u>PANZANELLA</u> <u>SALAD</u>	<u>STROMBOLI</u> <u>(AIR FRYER)</u>	



PROTEIN

- GROUND BEEF
- BONELESS, SKINLESS CHICKEN BREASTS
- BACON
- ITALIAN SAUSAGE
- DELI PEPPERONI
- DELI HAM



DAIRY

- BUTTER
- MILK
- HEAVY CREAM OR HALF-AND-HALF
- CREAM CHEESE
- SHREDDED CHEDDAR CHEESE
- SHREDDED MOZZARELLA CHEESE
- GRATED PARMESAN CHEESE
- EGGS



PRODUCE

- RUSSET POTATOES
- YELLOW ONION
- GARLIC
- CARROTS
- CELERY
- FRESH PARSLEY
- FRESH BASIL
- GREEN BELL PEPPERS
- JALAPEÑO PEPPERS
- ROMA TOMATOES
- CHERRY OR GRAPE TOMATOES
- CUCUMBER
- MIXED SALAD GREENS (OPTIONAL FOR SERVING)
- LEMON



BREAD, PASTA & GRAIN

- PENNE PASTA
- FRENCH BREAD OR CRUSTY ITALIAN BREAD
- REFRIGERATED PIZZA DOUGH
- CRESCENT ROLL DOUGH
- REFRIGERATED BISCUIT DOUGH



PANTRY

- CHICKEN BROTH
- BEEF BROTH
- ALL-PURPOSE FLOUR
- GRANULATED SUGAR
- BROWN SUGAR
- BAKING POWDER
- VANILLA EXTRACT
- OLIVE OIL
- RED WINE VINEGAR
- WORCESTERSHIRE SAUCE
- TOMATO PASTE
- MARINARA OR PIZZA SAUCE
- CANNED CREAM OF CHICKEN SOUP
- DIJON MUSTARD
- SALT
- BLACK PEPPER



REFRIGERATED / FROZEN

- FROZEN MIXED VEGETABLES
- FROZEN PEAS
- FROZEN CORN

BACK TO
school

Week 3

<u>ONE-POT</u> <u>CHICKEN</u> <u>DINNER</u>	<u>AIR</u> <u>FRYER</u> <u>BEIGNETS</u>	<u>HEARTY</u> <u>TUSCAN SOUP</u> <u>WITH</u> <u>PARMESAN</u> <u>CROUTONS</u>	
<u>BAKED</u> <u>PANCAKE</u>	<u>PRETZEL &</u> <u>CHEESE</u> <u>FOOTBALL</u>	<u>LOW COUNTRY</u> <u>BOIL</u>	<u>FILET MIGNON</u> <u>WITH</u> <u>MUSHROOM</u> <u>SAUCE</u>



PROTEIN

- FILET MIGNON STEAKS
- BONELESS, SKINLESS CHICKEN BREASTS
- BACON
- GROUND ITALIAN SAUSAGE
- SMOKED SAUSAGE (ANDOUILLE OR KIELBASA)
- SHRIMP (PEELED AND DEVEINED)
- EGGS



PANTRY

- CHICKEN BROTH
- BEEF BROTH
- ALL-PURPOSE FLOUR
- GRANULATED SUGAR
- POWDERED SUGAR
- BAKING POWDER
- VANILLA EXTRACT
- OLIVE OIL
- VEGETABLE OIL (FOR FRYING IF NEEDED)
- DIJON MUSTARD
- WORCESTERSHIRE SAUCE
- SALT
- BLACK PEPPER
- PAPRIKA
- CAJUN SEASONING
- ITALIAN SEASONING



DAIRY

- BUTTER
- MILK
- HEAVY CREAM
- CREAM CHEESE
- SHREDDED CHEDDAR CHEESE
- GRATED PARMESAN CHEESE
- SOUR CREAM



PRODUCE

- BABY POTATOES
- RUSSET POTATOES
- YELLOW ONION
- GARLIC
- CARROTS
- CELERY
- MUSHROOMS
- CORN ON THE COB
- GREEN BEANS
- KALE OR SPINACH
- FRESH PARSLEY
- FRESH THYME (OPTIONAL)



BREAD, PASTA & GRAIN

- CRUSTY FRENCH OR ITALIAN BREAD
- BREAD CUBES OR CROUTONS
- REFRIGERATED BISCUIT DOUGH



REFRIGERATED / FROZEN

- FROZEN PEAS
- FROZEN PEARL ONIONS (OPTIONAL)



Week 4

<u>ASIAN CHICKEN</u> <u>LETTUCE</u> <u>WRAPS</u>	<u>ONE-POT</u> <u>GROUND BEEF &</u> <u>PASTA</u>	<u>SKIRT</u> <u>STEAK</u> <u>FAJITAS</u>	
<u>MINI FOOTBALL</u> <u>SLIDERS</u>	<u>CHOCOLATE</u> <u>DIPPED</u> <u>FOOTBALL</u> <u>STRAWBERRIES</u>	<u>BROCCOLI-</u> <u>CHEDDAR</u> <u>CHICKEN</u> <u>NUGGETS</u>	<u>STOVETOP</u> <u>BUTTER</u> <u>CHICKEN & RICE</u>



PROTEIN

- GROUND BEEF
- BONELESS, SKINLESS CHICKEN BREASTS
- CHICKEN BREAST (FOR NUGGETS)
- SKIRT STEAK
- GROUND CHICKEN
- SLICED DELI HAM
- EGGS



PANTRY

- CHICKEN BROTH
- BEEF BROTH
- ALL-PURPOSE FLOUR
- OLIVE OIL
- SOY SAUCE
- HOISIN SAUCE
- RICE VINEGAR
- BROWN SUGAR
- HONEY
- BUTTER CHICKEN SAUCE OR TIKKA MASALA SAUCE
- TOMATO PASTE
- WORCESTERSHIRE SAUCE
- DIJON MUSTARD
- SALT
- BLACK PEPPER
- GARLIC POWDER
- ONION POWDER
- PAPRIKA
- CHILI POWDER
- GROUND CUMIN



DAIRY

- BUTTER
- MILK
- HEAVY CREAM
- SHREDDED CHEDDAR CHEESE
- PARMESAN CHEESE
- CREAM CHEESE
- PLAIN GREEK YOGURT OR SOUR CREAM



PRODUCE

- BROCCOLI
- STRAWBERRIES
- YELLOW ONION
- GARLIC
- GINGER
- ROMAINE OR BUTTER LETTUCE
- CARROTS
- GREEN ONIONS
- BELL PEPPERS (ASSORTED COLORS)
- LIME
- CILANTRO (OPTIONAL)
- AVOCADOS (OPTIONAL FOR SERVING)



BREAD, PASTA & GRAIN

- SLIDER BUNS
- BREADCRUMBS
- WHITE OR JASMINE RICE
- ROTINI OR PENNE PASTA
- FLOUR TORTILLAS



REFRIGERATED / FROZEN

- FROZEN PEAS
- FROZEN CORN
- FROZEN BROCCOLI (IF PREFERRED INSTEAD OF FRESH)

Week 5

MILE-
HIGH NACHOS

HAM
AND
CHEESE
POCKETS

BERRY RICOTTA
CAKE WITH
LEMON GLAZE

DILL
LATKES



PRODUCE

- RUSSET POTATOES
- YELLOW ONION
- GARLIC
- FRESH DILL
- GREEN ONIONS
- ROMA TOMATOES
- JALAPEÑO
- AVOCADOS
- LETTUCE
- LEMONS
- MIXED BERRIES (BLUEBERRIES, RASPBERRIES, STRAWBERRIES, OR BLACKBERRIES)



PROTEIN

- GROUND BEEF
- DELI HAM
- BACON (OPTIONAL FOR NACHO TOPPING)
- EGGS



PANTRY

- ALL-PURPOSE FLOUR
- GRANULATED SUGAR
- BAKING POWDER
- BAKING SODA
- SALT
- BLACK PEPPER
- GARLIC POWDER
- ONION POWDER
- CHILI POWDER
- GROUND CUMIN
- PAPRIKA
- OLIVE OIL
- VEGETABLE OIL
- HONEY
- VANILLA EXTRACT
- SALSA



DAIRY

- BUTTER
- MILK
- RICOTTA CHEESE
- SHREDDED CHEDDAR CHEESE
- SHREDDED MONTEREY JACK CHEESE
- SLICED CHEDDAR OR SWISS CHEESE
- SOUR CREAM



BREAD, PASTA & GRAIN

- TORTILLA CHIPS
- REFRIGERATED CRESCENT ROLL DOUGH



REFRIGERATED /FROZEN

- FROZEN CORN (OPTIONAL FOR NACHOS)



Monthly Grocery List



GROCERY LIST



PROTEIN



- BACON
- BONELESS, SKINLESS CHICKEN BREASTS
- CHICKEN BREAST TENDERLOINS
- DELI HAM
- DELI PEPPERONI
- EGGS
- FILET MIGNON STEAKS
- GROUND BEEF
- GROUND CHICKEN
- GROUND ITALIAN SAUSAGE
- ITALIAN SAUSAGE
- SHRIMP (PEELED & DEVEINED)
- SKIRT STEAK
- SLICED DELI HAM
- SMOKED SAUSAGE (ANDOUILLE OR KIELBASA)



PANTRY



- MARINARA OR PIZZA SAUCE
- MILD SALSA
- OLIVE OIL
- POWDERED SUGAR
- RED WINE VINEGAR
- RICE VINEGAR
- SOY SAUCE
- TOMATO PASTE
- VANILLA EXTRACT
- VEGETABLE OR CANOLA OIL
- WORCESTERSHIRE SAUCE
- ALL-PURPOSE FLOUR
- BAKING POWDER
- BAKING SODA
- BEEF BROTH
- BROWN SUGAR
- CANNED CREAM OF CHICKEN SOUP
- CHICKEN BROTH
- DIJON MUSTARD
- GRANULATED SUGAR
- HEAVY CREAM OR HALF-AND-HALF
- HOISIN SAUCE
- HONEY



PRODUCE



- GREEN ONIONS
- JALAPEÑOS
- KALE OR SPINACH
- LEMONS
- LETTUCE (*ROMAINE OR BUTTER LETTUCE*)
- LIME
- MINI BELL PEPPERS
- MIXED BERRIES
- MIXED SALAD GREENS (*OPTIONAL*)
- MUSHROOMS
- ONION
- PLUM TOMATO
- ROMA TOMATOES
- RUSSET POTATOES
- STRAWBERRIES
- YELLOW ONION
- AVOCADOS
- BABY POTATOES
- BELL PEPPERS (ASSORTED COLORS)
- BROCCOLI
- CARROTS
- CELERY
- CHERRY OR GRAPE TOMATOES
- CORN ON THE COB
- CUCUMBER
- FRESH BASIL
- FRESH DILL
- FRESH GARLIC
- FRESH GINGER
- FRESH PARSLEY
- FRESH SPINACH (*OPTIONAL*)
- FRESH THYME (*OPTIONAL*)
- GRAPE TOMATOES (*OPTIONAL*)
- GREEN BEANS



BREAD, PASTA, & GRAIN



- BREADCRUMBS
- BREAD CUBES OR CROUTONS
- CRESCENT ROLL DOUGH
- CRUSTY FRENCH OR ITALIAN BREAD
- FLOUR TORTILLAS
- FRENCH BREAD
- LINGUINI PASTA
- PENNE PASTA
- PIZZA DOUGH (REFRIGERATED)
- REFRIGERATED BISCUIT DOUGH
- ROTINI OR PENNE PASTA
- SANDWICH ROLLS OR BUNS
- SLIDER BUNS
- TORTILLA CHIPS
- WHITE OR JASMINE RICE



DAIRY



- BUTTER
- CHEDDAR CHEESE SLICES
- CREAM CHEESE
- FETA CHEESE (*OPTIONAL*)
- GRATED PARMESAN CHEESE
- MILK
- MOZZARELLA CHEESE (SHREDDED)
- PARMESAN CHEESE
- PLAIN GREEK YOGURT OR SOUR CREAM
- RICOTTA CHEESE
- SHREDDED CHEDDAR CHEESE
- SHREDDED MONTEREY JACK CHEESE
- SOUR CREAM
- SWISS CHEESE SLICES



SPICES



- BLACK PEPPER
- CAJUN SEASONING
- CHILI POWDER
- CRUSHED RED PEPPER FLAKES (*OPTIONAL*)
- GARLIC POWDER
- GROUND CUMIN
- ITALIAN SEASONING
- ONION POWDER
- PAPRIKA
- SALT
- TACO SEASONING



REFRIGERATED & FROZEN



- FROZEN BROCCOLI
- FROZEN CORN
- FROZEN MIXED VEGETABLES
- FROZEN PEAS
- FROZEN PEARL ONIONS (*OPTIONAL*)