

OCTOBER 2019 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Autumn Cobb Salad with Smokey Pumpkin Dressing	2 SC Italian Chicken and Autumn Veggie Soup	3 Bang, Bang Shrimp Pasta	4 DIY Pizza Night with Homemade Crust	5 Black Bean Burger with Potato Wedges or Chips
6 SC Cubed Steak with Gravy with Southern Green Beans & Mashed Potatoes	7 Shredded Chicken Enchiladas	8 Tuna Noodle Casserole Green Salad	9 SC Creamy & Cheesy Chicken and Rice	10 Apple Cranberry Walnut Salad	11 Honey Glaze Salmon Salad w/ Maple Walnut Vinaigrette	12 Cheeseburger Pizza
13 SC Pepper Jack Tomato Soup Crackers	14 Persimmon, Pomegranate and Ricotta Salad	15 Meatball Casserole Salad with Apple Cider Vinaigrette	16 SC Potato & Corn Chowder	17 Chicken Mozzarella Pasta Salad w/ Pomegranate Vinaigrette	18 Butternut Squash Kale Risotto	19 SC/GGF Cheesy Potato Soup
20 SC Chicken & Dumplings	21 Meatloaf Salad with Pumpkin Balsamic Vinaigrette	22 Pasta with Tomato Cream Sauce	23 SC Ham & Bean Soup with Homemade Slow Cooker Cornbread	24 Butternut Squash and Cranberry Quinoa Salad	25 Honey Glaze Salmon Salad w/ Maple Walnut Vinaigrette	26 Autumn Apple Chicken
27 SC Crockpot Taco Soup	28 Chicken Pot Pie	29 Mexican Chopped Salad	30 SC Roasted Butternut Squash & Bacon Soup	31 SC Pumpkin Chili Crackers	W30 = Whole30 P = Paleo V = Vegan K = Keto LC = Low Carb DF = Dairy Free	GF = Gluten-Free GGF = Gluten & Grain free NF = Nut Free SF = Soy Free SGF = Sugar Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Overnight Pumpkin Pie French Toast * Clean Eating Crockpot Overnight Pumpkin Spice Oatmeal * 44 Overnight Oats Recipes * 44 Oatmeal Recipes for Fall & Winter 		<ul style="list-style-type: none"> * Scarecrow Crunch * Monster Munch * Pumpkin Pie Muddy Buddies * 175+ Snack Options 		<ul style="list-style-type: none"> * Homeschool Lunches Made Easy * Instant Pot Recipes for Fall * 20 Yummy Fall Soups * 30 Quick & Easy Lunches 		<ul style="list-style-type: none"> * No Bake Pumpkin Pie in a Jar * Insance Pumpkin Cream Cheese Bundt Cake * Caramel Apple Slices * 60+ Pie Recipes