

# OCTOBER 2020 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W30</b> = Whole30 <b>P</b> = Paleo <b>V</b> = Vegan <b>K</b> = Keto <b>LC</b> = Low Carb	<b>SC</b> = Slow Cooker <b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free	<b>DF</b> = Dairy Free <b>NF</b> = Nut Free <b>SF</b> = Soy Free <b>SGF</b> = Sugar Free		<b>1</b> <a href="#">Homestyle Barley Chicken Fall Soup</a>	<b>2</b> <a href="#">Cheeseburger Hobo Packets</a>	<b>3</b> <a href="#">One Pan Autumn Chicken Dinner</a>
<b>4 SC</b> <a href="#">Easy Slow Cooker Beef Stew</a>	<b>5</b> <a href="#">Roasted Butternut Squash Spinach Salad with Chicken</a>	<b>6</b> <a href="#">Lasagna Soup</a>	<b>7 SC</b> <a href="#">5-Ingredient Slow Cooker Apple Cider Pulled Chicken</a>	<b>8</b> <a href="#">Homemade Bean and Bacon Soup</a>	<b>9</b> <a href="#">Tin Foil Salmon and Vegetables</a>	<b>10</b> <a href="#">Green Pepper Sausage Wontons</a>
<b>11 SC</b> <a href="#">Sweet and Sour Barbecue Chicken</a>	<b>12</b> <a href="#">Creamy Parmesan Tomato and Spinach Tortellini Soup</a>	<b>13</b> <a href="#">Butternut Squash and Smokey Ham Quinoa</a>	<b>14 SC</b> <a href="#">Apple Cider Maple Meatballs</a>	<b>15</b> <a href="#">Chicken Cordon Bleu Soup</a>	<b>16</b> <a href="#">Grilled Pork Back Ribs Grilled Butternut Squash</a>	<b>17</b> <a href="#">Pan Seared Scallops in Vermouth Cream Sauce with Green Bean Potato Salad</a>
<b>18 SC</b> <a href="#">Swedish Meatballs with Easy Baked Sweet Potato</a>	<b>19</b> <a href="#">Apple Pecan Chicken Salad</a>	<b>20</b> <a href="#">Baked Spaghetti Green Salad</a>	<b>21 SC</b> <a href="#">Butternut Squash Soup</a>	<b>22</b> <a href="#">One Pan Pork Chops with Apples and Onions</a>	<b>23</b> <a href="#">Grilled Fish Tacos with Mango Salsa</a>	<b>24</b> <a href="#">Cheeseburger Soup</a>
<b>25 SC</b> <a href="#">Slow Cooker Orange Chicken</a>	<b>26</b> <a href="#">Harvest Cobb Salad</a>	<b>27 SC</b> <a href="#">Pasta e Fagioli Soup - Copycat</a>	<b>28 SC</b> <a href="#">Leg of Lamb with Potatoes</a>	<b>29</b> <a href="#">20-Minute Cheesy Chicken Enchilada Soup</a>	<b>30</b> <a href="#">Marinated Grilled Hot Dogs Cheesy Loaded Tater Tots</a>	<b>31</b> <a href="#">Beef Stroganoff</a>

## Breakfast Options:

- \* [Slow Cooker Apple French Toast](#)
- \* [Whole Wheat Pumpkin Muffins](#)
- \* [Pumpkin Oatmeal](#)
- \* [Homemade S'mores Poptarts](#)
- \* [Chocolate Chip Sweet Potato Pancakes](#)
- \* [Pumpkin French Toast](#)

## Snack Options:

- \* [Easy Spicy Crockpot Snack Mix](#)
- \* [Slow Cooker Applesauce \(No Sugar Added\)](#)
- \* [Pumpkin Spice Granola](#)
- \* [Pumpkin Chip Chocolate Granola Bars](#)
- \* [Apple Pie Yogurt Dip Recipe](#)

## Lunch Options:

- \* [Mason Jar Salad Recipes](#)
- \* [Chicken Salad with Apples and Cashews](#)
- \* [Pear, Honey, Cheese and Caramelized Onion Sandwich](#)
- \* [Peanut Butter & Jelly Crescent Rolls](#)
- \* [Cranberry Chicken Salad on Apple Slices](#)

## Dessert Options:

- \* [Ooey Goey Pecan Cheesecake Bars](#)
- \* [Pumpkin Bread \(Smoked or Baked\)](#)
- \* [Caramel Pumpkin Cheesecake Dip](#)
- \* [Apple Pie Bites](#)
- \* [Slow Cooker S'mores Cake](#)