

OCTOBER 2018 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Meatball Casserole Salad with Apple Cider Vinaigrette	2 Autumn Cobb Salad with Smokey Pumpkin Dressing	3 SC Italian Chicken and Autumn Veggie Soup	4 Pasta with Tomato Cream Sauce	5 SC Chicken & Dumplings	6 Honey Glaze Salmon Salad w/ Maple Walnut Vinaigrette
7 SC Cubed Steak with Gravy Southern Green Beans Mashed Potatoes	8 Tuna Noodle Casserole Green Salad	9 Chicken Marsala Green Salad	10 SC Potato & Corn Chowder	11 Apple Cranberry Walnut Salad	12 Cheeseburger Pizza	13 Bang, Bang Shrimp Pasta
14 SC Crockpot Taco Soup	15 Shredded Chicken Enchilada	16 Mexican Chopped Salad	17 SC Creamy & Cheesy Chicken and Rice	18 Persimmon, Pomegranate and Ricotta Salad	19 Black Bean Burger Potato Wedges or Chips & Apple Cranberry Slaw	20 Loaded Baked Potato and Chicken Casserole
21 SC Ham & Bean Soup Cornbread	22 Chicken Pot Pie	23 Butternut Squash and Cranberry Quinoa Salad	24 SC/GGF Cheesy Potato Soup	25 Favorite Apple Chicken Salad	26 Chicken Mozzarella Pasta Pomegranate Vinaigrette	27 DIY Pizza Night with Homemade Crust
28 SC Roasted Butternut Squash & Bacon Soup	29 Meatloaf Salad with Pumpkin Balsamic Vinaigrette	30 SC Pepper Jack Tomato Soup Crackers	31 SC Pumpkin Chili Crackers	W30 = Whole30 P = Paleo	V = Vegan K = Keto GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy 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 * 75 Smoothie Recipes * 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"> * Caramel Apple Crisp Bites * S'mores Bites * Pumpkin Snickerdoodles * 60+ Pie Recipes 	