



MONTHLY MEAL PLAN

October

SUN	MON	TUE	WED	THUR	FRI	SAT
				1 <u>Air Fryer BBQ Chicken Wings</u>	2 <u>Marry Me Chicken Pasta</u>	3 <u>Air Fryer Meatloaf</u>
4 <u>Buttermilk Brined Turkey Breast</u>	5 <u>Sweet Potato Black Bean Curry</u>	6 <u>Chicken and Shrimp Fried Rice</u>	7 <u>Bacon Wrapped Meatloaf</u>	8 <u>Baked Spaghetti</u>	9 <u>Slow Cooker Brats with Onions and Peppers</u>	10 <u>Slow Cooker Chicken Tortilla Soup</u>
11 <u>Slow Cooker Velveeta Mac n Cheese</u>	12 <u>Stove Top Chili</u>	13 <u>Meatball Parmigiana</u>	14 <u>Meatball Parmigiana Sub</u>	15 <u>Creamy Chicken Enchiladas with Sour Cream</u>	16 <u>Cottage Pie with Cheese</u>	17 <u>Philly Cheesesteak Sliders with Hawaiian Rolls</u>
18 <u>Chili and Cornbread Casserole</u>	19 <u>Pumpkin Tofu Curry</u>	20 <u>Pumpkin Polenta with Garlicky Kale and White Beans</u>	21 <u>One Pot Orzo with Broccoli and Butter Beans</u>	22 <u>Warm Kale and Lentil Salad</u>	23 <u>Piggies in a Blanket Air Fryer</u>	24 <u>Air Fryer Pizza</u>
25 <u>Smoked Meatloaf</u>	26 <u>Smoked Sirloin Tip Roast</u>	27 <u>Smoked Gouda Mac and Cheese</u>	28 <u>Beef Cabbage Soup</u>	29 <u>Naan Flatbread Pizza</u>	30 <u>Sheet Pan Chicken Thighs</u>	31 <u>Cowboy Stew</u>