

OCTOBER

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Easy Slow Cooker Pork Loin 1	Roasted Broccoli Cheese Soup 2	Ricotta Stuffed Shells 3	Mexican Poblano Instant Pot Chicken 4	20 Minute Ham and Pineapple Rice 5	Easy Banana Oatmeal Pancakes 6
7	Slow Cooker Balsamic Cherry Glazed Ham 8	Eggplant Garlic Pizza 9	Shrimp Fried Rice 10	Taco Beef and Potato Skillet 11	Instant Pot Chicken Tortellini Soup 12	Pumpkin Chocolate Chip Baked Oatmeal Cups 13
14	Cheesy Crockpot Chicken Spaghetti 15	Stuffed Zucchini Boats 16	Instant Pot Pot Roast 17	Quinoa Corn Chowder 18	Jalapeno Popper Pizza 19	Baked Overnight Pumpkin French Toast 20
21	Slow Cooker Chicken Noodle Soup 22	Honey Sesame Pork Tenderloin 23	Classic Weeknight Tacos 24	Creamy Perogie Dinner 25	Angel Hair Pasta with Salmon 26	Chunky Monkey Granola 27
28	Slow Cooker Chicken and Rice 29	Beef Barley Soup 30	Tortilla Roll Ups 31			