

OCTOBER

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Sausage Potato Soup 1	Crispy Sriracha Buttermilk Oven Fried Chicken 2	Bucatini with Tomatoes 3	Shrimp Fried Rice 4	Praline Glazed Apple Bread 5
6	Slow Cooker Creamy Vegetable Soup 7	Instant Pot Baked Ziti 8	Quinoa Corn Chowder 9	Stuffed Zucchini Boats 10	Instant Pot Teriyaki Chicken and Rice 11	Apple Crisp Smoothie 12
13	Slow Cooker Honey Balsamic Pulled Pork 14	Chicken Pesto Pasta 15	Stuffed Acorn Squash 16	Hearty Hamburger Soup 17	Caprese Flatbread Pizza 18	Apple Crisp Pancakes 19
20	Slow Cooker Spaghetti Sauce 21	Easy Shrimp Tacos 22	Baked Tortellini with Turkey and Vegetables 23	Broccoli Cheese Stuffed Spaghetti Squash 24	Baked Honey Lemon Chicken 25	Pumpkin Chocolate Chip Baked Oatmeal Cups 26
27	Slow Cooker Chicken Fajitas 28	Turkey Bolognese Zucchini Pasta 29	Instant Pot Pork Chops with Bacon Apple Glaze 30	Beef Barley Soup 31		