

# OCTOBER

2021

| SUNDAY | MONDAY                                                       | TUESDAY                                              | WEDNESDAY                                   | THURSDAY                                                | FRIDAY                                                      | SATURDAY                                                    |
|--------|--------------------------------------------------------------|------------------------------------------------------|---------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
|        |                                                              |                                                      |                                             |                                                         | Instant Pot <sup>1</sup><br>Teriyaki<br>Chicken and<br>Rice | Cinnamon <sup>2</sup><br>Apple<br>Muffins                   |
| 3      | Slow Cooker <sup>4</sup><br>Mongolian Beef<br>with Pineapple | Classic <sup>5</sup><br>Weeknight<br>Tacos           | Stuffed <sup>6</sup><br>Pepper<br>Casserole | Roasted <sup>7</sup><br>Broccoli<br>Cheese Soup         | Easy <sup>8</sup><br>Skillet<br>Lasagna                     | Instant <sup>9</sup><br>Pot<br>Oatmeal                      |
| 10     | Crockpot <sup>11</sup><br>Cheesy<br>Potatoes                 | Instant <sup>12</sup><br>Pot<br>Swedish<br>Meatballs | Shrimp <sup>13</sup><br>Fried<br>Rice       | One Pot <sup>14</sup><br>Spaghetti and<br>Meat Sauce    | Vegetarian <sup>15</sup><br>Pumpkin<br>Chili                | Chunky <sup>16</sup><br>Monkey<br>Granola                   |
| 17     | Easy Slow <sup>18</sup><br>Cooker BBQ<br>Ribs                | Autumn <sup>19</sup><br>Cobb<br>Salad                | Chicken <sup>20</sup><br>Tortellini<br>Soup | Tuna Pasta <sup>21</sup><br>with<br>Tomatoes            | BBQ Philly <sup>22</sup><br>Cheesesteak<br>Pizza            | Baked <sup>23</sup><br>Overnight<br>Pumpkin<br>French Toast |
| 24     | Slow <sup>25</sup><br>Cooker<br>Chicken<br>Breast            | Stuffed <sup>26</sup><br>Zucchini<br>Boats           | Baked <sup>27</sup><br>Spaghetti            | One Pot Beef & <sup>28</sup><br>Tomato<br>Macaroni Soup | Honey <sup>29</sup><br>Baked<br>Ham                         | Apple <sup>30</sup><br>Cinnamon<br>Oatmeal                  |