

# October Meal Planner

Sunday	Monday	Tuesday Taco	Wednesday Soup	Thursday Fish	Friday	Saturday Leftovers
				1 <a href="#">Sheet Pan Salmon, roasted broccoli and sweet potatoes</a> (serves 2-4)  Recipe: Emily Rix	2 <a href="#">Sweet Potato Black Bean Enchiladas</a> (Serves 4)  Recipe: Emily Rix	3 Eat up leftovers
4 Spaghetti squash with Rao's marinara sauce and ground beef	5 <a href="#">Whole30 Skillet Chicken Piccata</a> , green beans, sweet potatoes (serves 4)  Recipe: The Defined Dish	6 <a href="#">Paleo Chicken Burrito Bowls</a> (serves 6)  Recipe: Paleo Running Mama	7 <a href="#">Curried Butternut Squash Soup</a> , side of bacon (serves 4)  Recipe: Minimalist Baker	8 <a href="#">Easy Salmon with Crispy Potatoes and Brussels Sprouts</a> (serves 2-4)  Recipe: Paleo Running Mama	9 <a href="#">Sheet Pan Sausage and Vegetables</a> (serves 4)  Recipe: Emily Rix	10 Eat up leftovers
11 OUT TO EAT TREAT (or eat up leftovers)	12 <a href="#">Beef and Cabbage Stir Fry</a> (serves 4)  Recipe: Wellness Mama	13 <a href="#">Gluten-Free Enchiladas</a> (serves 4)  Recipe: Ancestral Nutrition	14 <a href="#">Chicken Pot Pie Soup</a> (Serves 4)  Recipe: A Clean Plate for a Healthy Life	15 <a href="#">Baked Salmon Asparagus Recipe</a> (serves 4)  Recipe: Wellness Mama	16 <a href="#">Tuscan Garlic Shrimp with Zucchini Noodles</a> (serves 4)  Recipe: Unbound Wellness	17 Eat up leftovers
18 Pork Chops, sweet potato fries, brussels sprouts	19 <a href="#">Lemon-Garlic Whole Chicken</a> , green beans, crispy roasted potatoes  Recipe: Kelly LeVeque	20 Leftover chicken, made into chicken tacos with coleslaw	21 <a href="#">White Chicken Chili (Paleo, Whole30, Keto)</a> (serves 4)  Recipe: What Great Grandma Ate	22 <a href="#">Sheet Pan Salmon, roasted broccoli and sweet potatoes</a> (serves 2-4)  Recipe: Emily Rix	23 <a href="#">One Pan Taco Skillet Dinner (serves 3-4)</a>  Recipe: Unbound Wellness	24 Eat up leftovers
25 <a href="#">3 Bean Vegan Chili</a> (serves  Recipe: Emily Rix	26 <a href="#">Whole30 Skillet Chicken Piccata</a> , green beans, sweet potatoes (serves 4)  Recipe: The Defined Dish	27 <a href="#">Paleo Chicken Burrito Bowls</a> (serves 6)  Recipe: Paleo Running Mama	28 <a href="#">Curried Butternut Squash Soup</a> , side of bacon (serves 4)  Recipe: Minimalist Baker	29 <a href="#">Easy Salmon with Crispy Potatoes and Brussels Sprouts</a> (serves 2-4)  Recipe: Paleo Running Mama	30 <a href="#">Sheet Pan Sausage and Vegetables</a> (serves 4)  Recipe: Emily Rix	31 Happy Halloween: Pizza Night

Breakfast Ideas	Lunch Ideas	Snack Ideas
<a href="#">Overnight Oats with Berries</a> <a href="#">Quinoa and Egg Breakfast Muffins</a>	<a href="#">Buffalo Chicken Salad</a> <a href="#">Apple, Bacon, &amp; Pecan Salad</a>	<a href="#">Pumpkin Pie Energy Balls</a> <a href="#">Pumpkin Chia Seed Pudding</a>
Dessert	Kids	
<a href="#">Vegan Pumpkin Cheesecake</a> <a href="#">Simple and Delicious Apple Crisp</a>	<a href="#">Peanut Butter and Carrot Muffins</a> <a href="#">33 Simple Kids Meal Ideas</a>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31