

OCTOBER MEAL PLAN

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 LEFTOVER NIGHT	2 <u>Chicken Divan</u>	3 <u>Ranch Baked Pork Chops</u>	4 <u>Chicken Wrap with Bacon and Avacado</u>
5 <u>Balsamic Steak and Gorgonzola Salad</u>	6 <u>Baked Crack Chicken</u>	7 <u>Sheet Pan Sausage & Veggies</u>	8 LEFTOVER NIGHT	9 <u>Chicken Alfredo with Broccoli</u>	10 <u>Zucchini Crust Pizza</u>	11 <u>Marry Me Chicken</u>
12 <u>Shrimp Boil</u>	13 <u>Lemon Chicken</u>	14 <u>Fish Taco Bowls</u>	15 LEFTOVER NIGHT	16 <u>Chicken Tenders</u>	17 <u>Roasted Chili Lime Cod</u>	18 <u>Eggroll In A Bowl & Egg Drop Soup</u>
19 <u>Garlic Butter Steak with Brussels Sprouts and Butternut Squash</u>	20 <u>Big Mac Lettuce Wraps</u>	21 <u>Mexican Cheesy Chicken Skillet</u>	22 LEFTOVER NIGHT	23 <u>Cheesy Ground Beef Cauliflower Casserole</u>	24 <u>Mediterranean Grilled Chicken Thighs</u>	25 <u>Slow Cooker Italian Beef</u>
26 <u>Spinach Lasagna</u>	27 <u>Italian Chicken with Veggies</u>	28 <u>Parmesan Dijon Pork Chops</u>	29 LEFTOVER NIGHT	30 <u>Cashew Chicken Lettuce Wraps</u>	31 HALLOWEEN DINNER IDEAS COMING SOON!	