

# OCTOBER 2019 MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <a href="#">Chunky potato soup</a> , salad, bread	<b>2</b> <a href="#">Quick stir fry</a>	<b>3</b> <a href="#">No soup chicken rice casserole</a> , vegetable side	<b>4</b> <a href="#">Sloppy Joes</a> , chips, vegetable side	<b>5</b> <a href="#">Tangy ranch chicken wings</a> , raw veggies and dip
<b>6</b> <a href="#">Herb roasted pork loin</a> , rice, vegetable side	<b>7</b> <a href="#">Sausage noodle casserole</a> , green beans	<b>8</b> <a href="#">Slow cooker tomato soup</a> , <a href="#">grilled cheese</a>	<b>9</b> <a href="#">Asian bowls</a>	<b>10</b> <a href="#">Spanish rice and ground beef skillet</a> , corn	<b>11</b> <a href="#">Egg roll in a bowl</a>	<b>12</b> <a href="#">Slow cooker Hawaiian meatballs</a> , rice, vegetable side
<b>13</b> <a href="#">Maple dijon chicken thighs</a> , bread, vegetable side	<b>14</b> <a href="#">Black bean and rice enchiladas</a> , corn	<b>15</b> <a href="#">Cheese tortellini soup</a> , salad, bread	<b>16</b> <a href="#">Thai style beef stir fry</a>	<b>17</b> <a href="#">Southwest chicken casserole</a> , salad	<b>18</b> <a href="#">Chicken yakisoba</a>	<b>19</b> <a href="#">Crispy sheet pan gnocchi and veggies</a>
<b>20</b> <a href="#">Mississippi pot roast</a> , rice, vegetable side	<b>21</b> <a href="#">Spinach and artichoke wonderpot</a>	<b>22</b> <a href="#">Slow cooker black bean chili</a> , salad	<b>23</b> <a href="#">Beef fajita skillet dinner</a> , fruit	<b>24</b> <a href="#">Slow cooker salsa chicken</a> , rice, corn	<b>25</b> <a href="#">Korean beef bowl</a>	<b>26</b> <a href="#">Simple chicken parmesan</a> , pasta, broccoli
<b>27</b> <a href="#">Lentil and sweet potato shepherd's pie</a> , bread	<b>28</b> <a href="#">Creamy spinach alfredo zucchini rolls</a> , fruit	<b>29</b> <a href="#">Salsa chicken soup</a> , salad, bread	<b>30</b> <a href="#">Keto stir fry cabbage</a>	<b>31</b> <a href="#">Chicken, broccoli, and cheese casserole</a>		