

# october

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(S) (30) Grilled Chicken w/ Roasted Veg & Green Beans	(S) (1) Beef Wet Burritos w/ lettuce + sour cream	(S) (2) Lazy Lasagna w/ Salad pg. 140 THM cookbook	(E) (3) Lovin' TexMex Skillet	(S) (4) Jalapeño Chicken Bacon chowder	(S) (5) Taco Salad	(S) (6) Pizza Dish
(E) (7) Chicken Fried Double Rice pg. 53 THT	(S) (8) Spaghetti w/ Meat Sauce over Zoodles	(E) (9) Hearty 2 Bean + Lentil chili	(S) (10) White Chicken Lasagna over zoodles	(E) (11) Sweet + Spicy Stir-fry	(FP) (12) Cabbage Roll in a Bowl pg. 57 THT	(S) (13) Pizza Dish
(S) (14) 10 Minute Chinese Chicken Salad pg. 199 THT	(S) (15) Taco Salad	(S) (16) Trim Zuppa Toscana pg. 86 THM cookbook	(S) (17) 5 Ing. Cheesy Bacon chicken w/ Broccoli	(S) (18) Deconstructed Fajitas w/ lettuce pg. 56 THT	(E) (19) Italian White Bean + Spinach Soup	(S) (20) Pizza Dish
(S) (21) Crockpot Barbacoa Beef on lettuce	(E) (22) Sweet + Spicy Stir-fry	(S) (23) Spaghetti w/ Meat Sauce over Zoodles	(S) (24) Chicken Bacon Rice Casserole pg. 140 THT	(E) (25) Lovin' TexMex Skillet	(S) (26) Whoop Whoop Soup pg. 149 THT	(S) (27) Pizza Sauce
(S) (28) Easy Broccoli cheese Soup	(E) (29) Cowboy Grub pg. 59 THM cookbook	(S) (30) Cheesy Beef Stroganoff Casserole	(E) (31) Italian White Bean & Spinach Soup	NOV. (E) (1) Chicken Fried Double Rice pg. 53 THT	(S) (2) Taco Salad	(S) (3) Pizza Sauce

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