

Printable October Dinner Meal Plan

darciesdish.com

Week #1 September 30-October 6

Sunday - Grilled chicken with [roasted vegetables](#) and green beans with butter (S)

Monday - [Wet Beef Burritos](#) with lettuce and sour cream on the side (use a low-carb tortilla shell) (S)

Tuesday - Lazy Lasagna with a side salad with Ranch dressing (S) pg. 140 in [THM Cookbook](#)

Wednesday - [Lovin' TexMex Skillet](#) (E)

Thursday - [Jalapeno Chicken Bacon Chowder](#) (S)

Friday - Taco Salad - [ground beef](#), lettuce, cheddar cheese, salsa, sour cream (S)

Saturday - Pizza Casserole - layer sauce, toppings of your choice, cheese, sauce, toppings and cheese - bake at 350 for 20-25 minutes (S)

Week #2 October 7-13

Sunday - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

Monday - Spaghetti with Meat Sauce over Zoodles with a side salad and Ranch dressing (S) ***Use [this gadget](#) to make zoodles.

Tuesday - [Hearty Two Bean and Lentil Chili](#) (E)

Wednesday - [White Chicken Lasagna](#) over Zoodles (S)

Thursday - [Sweet & Spicy Stir-fry](#) (E)

Friday - Cabbage Roll in a Bowl (FP) pg. 57 in [Trim Healthy Table](#)

Saturday - Pizza Casserole - layer sauce, toppings of your choice, cheese, sauce, toppings and cheese - bake at 350 for 20-25 minutes (S)

Week #3 October 14-20

Sunday - 10 Minute Chinese Chicken Salad (S) pg. 199 in [Trim Healthy Table](#)

Monday - Taco Salad - [ground beef](#), lettuce, cheddar cheese, salsa, sour cream (S)

Tuesday - Trim Zuppa Toscana (S) pg. 86 in [THM Cookbook](#)

Wednesday - [5 Ingredient Cheesy Bacon Chicken](#) with broccoli on the side (S)

Thursday - Deconstructed Fajitas with lettuce and sour cream on the side (S) pg. 56 in [Trim Healthy Table](#)

Friday - [Italian White Bean and Spinach Soup](#) (E)

Saturday - Pizza Casserole - layer sauce, toppings of your choice, cheese, sauce, toppings and cheese - bake at 350 for 20-25 minutes (S)

Week #4 October 21-27

Sunday - [Crockpot Barbacoa Beef](#) over lettuce with salsa and cheese on top (S)

Monday - [Sweet & Spicy Stir-fry](#) (E)

Tuesday - Spaghetti with Meat Sauce over Zoodles with a side salad and Ranch dressing (S) ***Use [this gadget](#) to make zoodles.

Wednesday - Chicken Bacon Rice Casserole with green beans on the side (S) pg. 140 in [Trim Healthy Table](#)

Thursday - [Lovin' TexMex Skillet](#) (E)

Friday - Whoop Whoop Soup (S) pg. 149 in [Trim Healthy Table](#)

Saturday - Pizza Casserole - layer sauce, toppings of your choice, cheese, sauce, toppings and cheese - bake at 350 for 20-25 minutes (S)

Week #5 October 28-November 3

Sunday - [Easy Broccoli Cheese Soup](#) (S)

Monday - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

Tuesday - [Cheesy Beef Stroganoff Casserole](#) with broccoli on the side (S)

Wednesday - [Italian White Bean and Spinach Soup](#) (E)

Thursday - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

Friday - Taco Salad - [ground beef](#), lettuce, cheddar cheese, salsa, sour cream (S)

Saturday - Pizza Casserole - layer sauce, toppings of your choice, cheese, sauce, toppings and cheese - bake at 350 for 20-25 minutes (S)