

October 2021 Meal Plan

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Week #1: September 26 - October 2

S – Grilled chicken on top of [Colorful Lentil Salad](#) (E)

M – Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) (E)

T – [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side (S)

W – [Chicken Cacciatore](#) over cauliflower rice with salad (FP)

Th – [Creamy Taco Soup](#) (S)

F – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

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

Week #2: October 3-9

S - Teriyaki Beef & Broccoli over cauliflower rice (S) pg. 82 in [Trim Healthy Table](#)

M - [Lovin' Tex Mex Skillet](#) (E)

T - Crockpot Buffalo Chicken over salad (S) pg. 92 in [Trim Healthy Table](#)

W - Spaghetti meat sauce over cauli rice and with a side salad (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

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

F - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat - Beef & Veggie Skillet with broccoli on the side (S) pg. 130 in [Trim Healthy Future](#)

Week #3: October 10-16

S - [Sweet & Spicy Stir-fry](#) over brown rice (E)

M - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side (S)

T - [Slow Cooker Chicken and Quinoa Chili](#) (E)

W - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)

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

F - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Sat - Nacho Stuffed Peppers (S) pg. 142 in [THM Cookbook](#)

Week #4: October 17-23

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

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

T - [Instant Pot Kielbasa and Cabbage](#) with a side salad (S)

W - World's Laziest Lasagna Skillet with broccoli on the side (S) pg. 69 in [Trim Healthy Table](#)

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

F - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat - Egg Roll in a Bowl Part Deux (FP) pg. 63 in [Trim Healthy Table](#)

Week #5: October 24-30

S - [Chicken Lettuce Wraps with Peanut Sauce](#) and broccoli on the side (S)

M - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) (E)

T - [Salsa Verde Chicken](#) over salad (FP)

W - Spaghetti meat sauce over cauli rice and with a side salad (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Th - Creamy Verde Chicken Chili (S) pg. 78 in [Trim Healthy Table](#)

F - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

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