

## October 2022 Dinner Meal Plan

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### Week #1: September 25-October 1

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 2-8

S – [Chicken Lettuce Wraps with Peanut Sauce](#) and broccoli on the side with water to drink (S)

M – [Lovin' Tex Mex Skillet](#) (E)

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

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

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

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 – Cabb & Saus Skillet with green beans on the side (S) pg. 58 in [THM Cookbook](#)

### Week #3: October 9-15

S – [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'm doubling this recipe for my family of 7

M – [Zesty Salsa Chicken and Black Bean Casserole](#) (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 – Trim Zuppa Toscana Soup (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 – Egg Roll in a Bowl Part Deux (FP) pg. 63 in [Trim Healthy Table](#)

### Week #4: October 16-22

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

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

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

W – Chicken Florentine over Zoodles with broccoli on the side (S) pg. 46 in [THM Cookbook](#)

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

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

### Week #5: October 23-29

S – Black Pepper Chicken over cauliflower rice (FP) pg. 68 in [Trim Healthy Table](#)

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

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

W – World's Laziest Lasagna Skillet with salad (S) pg. 69 in [Trim Healthy Table](#)

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