



OCTOBER MEAL PLAN

made for you by Savory Nothings

WEEK 01

- MON [Balsamic Chicken & Fall Vegetable Sheet Pan Dinner](#)
- TUE [Easy Beef Stroganoff](#)
- WED [Instant Pot Potato Soup](#)
- THU [Quick Apricot Chicken](#)
- FRI [Mediterranean Slow Cooker Chicken Stew](#)

BREAKFAST IDEA:

[Cinnamon Apple Baked Oatmeal](#)

TREAT IDEA:

[Pumpkin Crumb Muffins](#)

WEEK 02

- MON [One Pot Creamy Tomato Pasta](#)
- TUE [Easy Swedish Meatballs](#)
- WED [Instant Pot Chicken Tortilla Soup](#)
- THU [Caprese Stuffed Balsamic Chicken](#)
- FRI [Crock Pot Beef Stew](#)

BREAKFAST IDEA:

[Simple Pumpkin Waffles](#)

TREAT IDEA:

[No Bake Millionaire's Shortbread](#)

WEEK 03

- MON [Easy Homemade Pizza](#)
- TUE [Instant Pot Sundried Tomato Chicken](#)
- WED [Easy Pumpkin Soup](#)
- THU [Honey Mustard Chicken](#)
- FRI [Homemade Shepherd's Pie](#)

BREAKFAST IDEA:

[Healthy Oatmeal Breakfast Cookies](#)

TREAT IDEA:

[Crock Pot Bread Pudding](#)

WEEK 04

- MON [Instant Pot Meatloaf and Mashed Potatoes](#)
- TUE [Garlic Butter Baked Cod](#)
- WED [Easy Pasta Fagioli Soup](#)
- THU [Garlic Parmesan Oven Fried Chicken](#)
- FRI [Spaghetti and Turkey Meatballs](#)

BREAKFAST IDEA:

[Banana Bread Pancakes](#)

TREAT IDEA:

[Streusel Pumpkin Bread](#)



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WEEK 05

- MON [Chicken Florentine Pasta Casserole](#)
- TUE [Mozzarella Stuffed Meatloaf](#)
- WED [Easy Tomato Soup with Bacon](#)
- THU [Turkey Pumpkin Chili](#)
- FRI [Homemade Salisbury Steak](#)

BREAKFAST IDEA:

[Pumpkin Stuffed French Toast](#)

TREAT IDEA:

[Cute Monster Eye Cookies](#)