



October

Meal Guide



In the Kitchen: October Meals

How-to Use This Guide

Here are a few different ways you can use the October Menu Plan:

- The October Meal Plan is a suggested menu to aide in your own meal planning. The plan can be used “as is”, or you can pick and choose ideas from the plan.
- In October, I have created themed meal nights:
 - Monday - International Night
 - Tuesday - Chicken Night
 - Wednesdays - Leftovers
 - Thursday - Burger Nights
 - Friday - Soup for Supper Night
 - Saturday - Slow Cooker Saturday
 - Sunday - Sunday Supper
- The October Breakfast & Baking Ideas are there to spark your imagination.

About the Meals

For the most part, I cook from scratch, by heart, but most of these recipes can be found in cookbooks or online. Over the years, I have found ways to “work smarter, not harder” in the kitchen. Finding a rhythm that works for you can alleviate the overwhelm, too. If you ever have a question, just ask! I’m happy to share recipes, if needed!

In general, recipes are for 4-6 people, so if cooking for two and you don’t want a leftover meal, then the recipe can cut in half. Some meals are great for freezing, too! If you are cooking for more than people, just double the recipe.

Perpetual Shopping List

The list below includes pantry staples that you should have on hand. This list can be used to update and maintain your pantry. Some items should be purchased weekly or bi-weekly.

DAIRY & EGGS	SPICES	DRY / STAPLES
• Butter • Cheeses: ◦ Cheddar ◦ Monterey Jack ◦ Mozzarella ◦ Parmesaen • Cream Cheese • Eggs • Half & Half • Heavy Whipping Cream • Milk • Sour Cream • Yogurt	• Anise • Basil • Cinnamon • Chili Powder • Cumin • Garlic Powder • Onion Powder • Oregano • Paprika • Parsley • Pepper • Salt • Thyme	• Beans ◦ Navy ◦ Pinto • Bread • Coffee • Crackers • Pastas ◦ Egg Noodles ◦ Lasagna ◦ Oroz ◦ Rigatoni ◦ Spaghetti • Rice • Tea
CANNED / STAPLES / DRY	CONDIMENTS / OILS	BAKING
• Artichoke Hearts • Broths ◦ Chicken ◦ Vegetalbe ◦ Beef • Enchilada Sauce • Green Sauce • Ortega Chiles • Pimientos • Tomato Paste • Tomato Sauce • Tomatoes, Stewed • Olives ◦ Black ◦ Green ◦ Sliced	• BBQ Sauce • Cocktail Sauce • Dijon Mustard • Ketchup • Mayonnaise • Mustard • Olive Oils • Pickles • Pickled Vegetables • Sauerkraut • Soy Sauce • Vinegars • Basalmlc • Red Wine • White Wine • Worcestershire	• Baking Powder • Baking Soda • Chocolate Chips • Flavorings: Almond, Maple • Flours - ◦ All Purpose (AP) ◦ Cake / Pastry ◦ OO (Beehive) ◦ Semolina • Honey • Maple Syrup • Milk Chocolate Toffee Chips • Oats • Sugar • Vanilla • Yeast

October



DINNER IDEAS

MON
TUE
WED
THU
FRI
SAT
SUN

WEEK 1

10/5 - 10/11

Spaghetti w/
Meatballs
Green Salad

Chicken Taco
Bowls w/
Cilantro Rice &
Avocados

Leftover Day

Southwest
Burgers

Creamy Cheddar
Potato Soup

Slow Cooker
Chili

Pot Roast
w/Carrots
Mashed Potatoes

WEEK 2

10/12 - 10/18

Beef Stroganoff
w/ Green Beans

Sheet Pan
Chicken Nachoes

Leftover Day

All American
Burgers

Minestrone Soup

Slow Cooker:
Shredded BBQ
Beef w/
Coleslaw

Lasagna
Green Salad

WEEK 3

10/19 - 10/25

Sweedish
Meatballs w/

Chicken-
Vegetable Stir-
Fry w/ Sticky
Rice

Leftover Day

Juicy Lucy
Style Stuffed
Burgers

Creamy Chicken
Pot Pie Soup

Slow Cooker
Stew

Herb Roasted
Chicken w/
Gravy
Mashed Potatoes

WEEK 4

10/26 - 11/02

Enchiladas w/
Chile Relleno
Casserole

Chicken Cordon
Bleu w/ Baked
Potatoes &
Green Salad

Leftover Day

Taco Salad

Cream of
Cawliflower
Soup

Slow Cooker
Sloppy Joes

October



BREAKFAST & BAKING IDEAS

BREAKFAST

Crustless Quiche
Add: Veggies & Meats
of Choice

Linguicia & Egg
Scramble

Roasted Potatoes &
Scrambled Egg Skillet

Apple Pie
French Toast Casserole

BAKED TREATS

Snickerdoodles

Cranberry Pumpkin Scones

Apple Cider Donuts

Pumpkin Quick Bread

Maple Apple Scones

Pumpkin Cookies

Swiss Pumpkin Roll

Carmel Apple Quick Bread



