


October 2024

MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
	⁰¹ <u>Crockpot</u> <u>Alfredo</u> <u>Marinara</u> <u>Chicken</u> <u>Pasta</u>	⁰² <u>Egg Roll</u> <u>in a Bowl</u>	⁰³ <u>Ground</u> <u>Turkey</u> <u>Sweet</u> <u>Potato</u> <u>Skillet</u>	⁰⁴ <u>Cheese</u> <u>burger</u> <u>Tater Tot</u> <u>Casserole</u>	⁰⁵ <u>Pizza</u> <u>Pasta</u> <u>Casserole</u>	⁰⁶ <u>Healthy</u> <u>White</u> <u>Chicken</u> <u>Chili</u>
⁰⁷ <u>Crockpot</u> <u>Honey</u> <u>Garlic</u> <u>Chicken</u>	⁰⁸ <u>Salmon</u> <u>Roll Sushi</u> <u>Bowl</u>	⁰⁹ <u>Easy</u> <u>Taco</u> <u>Skillet</u>	¹⁰ <u>Chicken</u> <u>Ramen</u> <u>Stir Fry</u>	¹¹ <u>Turkey</u> <u>Pasta</u> <u>Primavera</u>	¹² <u>Green Chili</u> <u>Chicken</u> <u>Skillet</u> <u>Enchiladas</u>	¹³ <u>Creamy</u> <u>Sausage</u> <u>Tortellini</u> <u>Soup</u>
¹⁴ <u>Slow</u> <u>Cooker</u> <u>Teriyaki</u> <u>Chicken</u>	¹⁵ <u>Marry Me</u> <u>Chicken</u> <u>Pasta</u>	¹⁶ <u>General</u> <u>Tso</u> <u>Meatballs</u> + Rice	¹⁷ <u>Cheesy</u> <u>Chicken</u> <u>Crescent</u> <u>Roll</u> <u>Casserole</u>	¹⁸ <u>Easy</u> <u>Pizza</u> <u>Casserole</u>	¹⁹ <u>Healthy</u> <u>Chicken</u> <u>Enchiladas</u>	²⁰ <u>Slow</u> <u>Cooker</u> <u>Turkey</u> <u>Chili</u>
²¹ <u>Crockpot</u> <u>Chicken</u> <u>Spaghetti</u>	²² <u>30-Minute</u> <u>Teriyaki</u> <u>Bowl</u>	²³ <u>Spring</u> <u>Roll</u> <u>Bowl</u>	²⁴ <u>Mexican</u> <u>Tater Tot</u> <u>Casserole</u>	²⁵ <u>Ranch</u> <u>Chicken</u> <u>Casserole</u>	²⁶ <u>Crockpot</u> <u>Mexican</u> <u>Chicken</u> <u>Recipe</u>	²⁷ <u>Sausage</u> <u>Kale White</u> <u>Bean Soup</u>
²⁸ <u>Salsa</u> <u>Chicken</u> <u>& Rice</u> <u>Bowls</u>	²⁹ <u>Ground</u> <u>Turkey</u> <u>Skillet with</u> <u>Veggies</u>	³⁰ <u>Cheese-</u> <u>burger</u> <u>Casserole</u>	³¹ <u>Sloppy Joe</u> <u>Crescent</u> <u>Roll</u> <u>Casserole</u>	all recipes & meal plans free on jordosworld.com or use recipes to make a free custom meal plan  JORDOSWORLD.COM		