



@JORDYJEAN

OCTOBER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1 SHEPHERD'S PIE INGREDIENTS FOR DINNER	2 SALMON SHEET PAN DINNER INGREDIENTS FOR DINNER	3 BREAKFAST FOR DINNER/ LEFTOVERS INGREDIENTS FOR DINNER	4 PIZZA PICNIC INGREDIENTS FOR DINNER	5 CAULIFLOWER STIR FRY INGREDIENTS FOR DINNER
6 CHILI INGREDIENTS FOR DINNER	7 LOADED BAKED POTATOES W/ LEFTOVER CHILI + VEGGIE INGREDIENTS FOR DINNER	8 ZUPPA TOSCANA INGREDIENTS FOR DINNER	9 SAUSAGE + VEGGIES SHEET PAN DINNER INGREDIENTS FOR DINNER	10 BREAKFAST FOR DINNER/ LEFTOVERS INGREDIENTS FOR DINNER	11 PIZZA PICNIC INGREDIENTS FOR DINNER	12 PALEO TORTILLAS + SHEET PAN FAJITAS INGREDIENTS FOR DINNER
13 POT ROAST CROCK POT INGREDIENTS FOR DINNER	14 SALMON + VEGGIE INGREDIENTS FOR DINNER	15 HAMBURGER SOUP INGREDIENTS FOR DINNER	16 KOREAN BBQ CAULIFLOWER WRAPS INGREDIENTS FOR DINNER	17 BREAKFAST FOR DINNER/ LEFTOVERS INGREDIENTS FOR DINNER	18 PIZZA PICNIC INGREDIENTS FOR DINNER	19 TWICE BAKED POTATOES + GARLIC ROASTED BRUSSELS SPROUTS INGREDIENTS FOR DINNER
20 INSTANT POT WILD RICE SOUP INGREDIENTS FOR DINNER	21 BRUSSELS SPROUTS + POTATOES + EGGS SHEET PAN DINNER INGREDIENTS FOR DINNER	22 SWEET + SOUR CHICKEN - INSTANT POT INGREDIENTS FOR DINNER	23 WHITE CHILI INGREDIENTS FOR DINNER	24 BREAKFAST FOR DINNER/ LEFTOVERS INGREDIENTS FOR DINNER	25 PIZZA PICNIC INGREDIENTS FOR DINNER	26 CAULIFLOWER STIR FRY INGREDIENTS FOR DINNER
27 CHICKEN POT PIE SOUP + BREAD/ROLLS INGREDIENTS FOR DINNER	28 MEATLOAF + VEGGIES INGREDIENTS FOR DINNER	29 SHRIMP EGG ROLL IN A BOWL INGREDIENTS FOR DINNER	30 BREAKFAST FOR DINNER/ LEFTOVERS INGREDIENTS FOR DINNER	31 SLOW COOKER BACON + CORN CHOWDER INGREDIENTS FOR DINNER		
				HALLOWEEN		