

◀ Oct 2017

November 2017

Dec 2017 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cheesy Italian Sausage & Potato Chowder w/ Salad	2 Kale, Turkey, & Black Bean Tacos w/ Easy Guacamole	3 Paleo Orange Chicken on Cauliflower Rice (freezer section)	4 Bean & Bacon Soup w/ GF Garlic Cheddar Biscuits
5 Slow-Cooker Spicy Chicken & Rice w/ Black Beans	6 Pan-Fried Pork Chops w/ Cinnamon-Maple Roasted Squash & Roasted Broccoli	7 Fish Tacos w/ Black Beans & Guacamole	8 Dublin Coddle (bacon, sausage, potato stew) w/ Corn Muffins & Salad	9 Salmon Gratin w/ Sautéed Kale & Wild Rice & Mushroom Pilaf	10 Patty Melts w/ Sweet Potato Fries & Sauce	11 Tomato Soup w/ Margherita Grilled Cheese Sandwiches
12 Slow-Cooker Shredded Beef Tacos w/ lettuce, tomatoes, & Guacamole	13 Fork-Tender Cube Steaks in Gravy w/ Garlic Parmesan Mashed Potatoes & Peas	14 Slow-Cooker Taco Meat w/ lettuce, tomatoes, & Guacamole	15 30-Minute Mozzarella Chicken w/ Quick Homemade Tomato Sauce on GF pasta w/ Roasted Broccoli	16 Slow-Cooker Charro Beans w/ bacon, Sweet Country Corn Muffins & Salad	17 Baked Chicken Fajitas w/ avocado slices, spinach, & tomatoes	18 Slow-Cooker Taco Soup w/ Blue Tortilla Chips & Salad
19 Crockpot Whole Chicken w/ Perfect Mashed Sweet Potatoes & Green Beans	20 Buttered Cod in the Skillet w/ Brown Rice & Steamed Broccoli	21 Crispy Slow-Cooker Pork Carnitas w/ tomatoes, spinach, & black beans	22 Chicken & Rice w/ Panfried Kale	23 Thanksgiving	24 Low-Carb Burgers w/ Roasted Broccoli & Cauliflower	25 Slow-Cooker Chunky Beef & Potato Stew w/ Corn Muffins
26 Slow-Cooker French Dip Sandwiches w/ Sweet Potato Fries	27 Melt-in-Your-Mouth Best Pot Roast w/ Carrots & Gravy on Mashed Potatoes w/ peas	28 Sweet Potato, Black Bean, & Kale Quesadillas w/ Guacamole	29 Instant Pot Zuppa Toscana w/ GF Garlic Cheddar Biscuits	30 Stove-Top Pinto Beans w/ Sweet Country Cornbread & Sautéed Chard		

