

OCTOBER 2026 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WWW.ASPICEDLIFE.COM				<u>AIR FRYER</u> <u>BBQ CHICKEN</u> <u>WINGS</u>	<u>BUTTERMILK</u> <u>BRINED</u> <u>TURKEY BREAST</u>	<u>TURKEY FETA</u> <u>MEATBALLS</u>
<u>SWEET POTATO</u> <u>BLACK BEAN</u> <u>CURRY</u>	<u>MARRY ME</u> <u>CHICKEN PASTA</u>	<u>AIR FRYER</u> <u>MEATLOAF</u>	<u>SLOW COOKER</u> <u>CHICKEN</u> <u>TORTILLA SOUP</u>	<u>BAKED</u> <u>SPAGHETTI</u>	<u>WARM KALE</u> <u>AND LENTIL</u> <u>SALAD</u>	<u>PUMPKIN</u> <u>TOFU CURRY</u>
<u>MEATBALL</u> <u>PARMIGIANA</u> <u>SUB</u>	<u>COTTAGE PIE</u> <u>WITH CHEESE</u>	<u>SLOW COOKER</u> <u>VELVEETA</u> <u>MAC N CHEESE</u>	<u>ONE POT</u> <u>ORZO WITH</u> <u>BROCCOLI AND</u> <u>BUTTER BEANS</u>	<u>NAAN</u> <u>FLATBREAD</u> <u>PIZZA</u>	<u>BACON</u> <u>WRAPPED</u> <u>MEATLOAF</u>	<u>SMOKED</u> <u>SIRLOIN TIP</u> <u>ROAST</u>
<u>PUMPKIN</u> <u>POLENTA WITH</u> <u>GARLICKY KALE</u> <u>& WHITE BEANS</u>	<u>CHILI AND</u> <u>CORNBREAD</u> <u>CASSEROLE</u>	<u>CHICKEN AND</u> <u>SHRIMP FRIED</u> <u>RICE</u>	<u>AIR FRYER</u> <u>PIGGIES IN A</u> <u>BLANKET</u>	<u>CREAMY</u> <u>CHICKEN</u> <u>ENCHILADAS</u>	<u>SLOW COOKER</u> <u>BRATS WITH</u> <u>ONIONS AND</u> <u>PEPPERS</u>	<u>SMOKED GOUDA</u> <u>MAC AND</u> <u>CHEESE</u>
<u>STOVE TOP</u> <u>CHILI</u>	<u>PHILLY</u> <u>CHEESESTEAK</u> <u>SLIDERS WITH</u> <u>HAWAIIAN ROLLS</u>	<u>BEEF</u> <u>CABBAGE</u> <u>SOUP</u>	<u>SHEET PAN</u> <u>CHICKEN THIGHS</u>	<u>SMOKED</u> <u>MEATLOAF</u>	<u>AIR FRYER</u> <u>PIZZA</u>	<u>MEATBALL</u> <u>PARMIGIANA</u>