

# October Meal Ideas



Recipe Name	Source
Freezer Bean Burritos	<a href="http://livesimply.me/2014/09/12/freezer-bean-burritos-real-food-style/">http://livesimply.me/2014/09/12/freezer-bean-burritos-real-food-style/</a>
Beef & Veggie Taco Cups	<a href="http://livesimply.me/2014/09/25/20-minute-meal-beef-veggie-taco-lettuce-cups/">http://livesimply.me/2014/09/25/20-minute-meal-beef-veggie-taco-lettuce-cups/</a>
Sundried Tomato & Herb Meatloaf	<a href="http://livesimply.me/2013/08/12/sundried-tomato-and-herb-meatloaf/">http://livesimply.me/2013/08/12/sundried-tomato-and-herb-meatloaf/</a>
Pasta e Fagioli Soup	<a href="http://www.thenourishinggourmet.com/2014/01/pasta-e-fagioli-italian-pasta-and-bean-soup.html">http://www.thenourishinggourmet.com/2014/01/pasta-e-fagioli-italian-pasta-and-bean-soup.html</a>
Italian Stuffed Peppers	<a href="http://thenourishinghome.com/2014/09/italian-stuffed-peppers/">http://thenourishinghome.com/2014/09/italian-stuffed-peppers/</a>
Slow Cooker Mexican Corn & Potato Chowder	<a href="http://thenourishinghome.com/2014/08/slow-cooker-mexican-style-corn-and-potato-chowder/">http://thenourishinghome.com/2014/08/slow-cooker-mexican-style-corn-and-potato-chowder/</a>
Sloppy Joes	<a href="http://wegotreal.com/real-food-sloppy-joes/">http://wegotreal.com/real-food-sloppy-joes/</a>
Lentil & Quinoa Stew	<a href="http://herbalacademyofne.com/2014/01/hearty-lentil-and-quinoa-stew/">http://herbalacademyofne.com/2014/01/hearty-lentil-and-quinoa-stew/</a>
Sausages, Onions, & Peppers on Pasta	<a href="http://www.myhumblekitchen.com/2014/07/sausages-peppers-onions-einkorn-pasta/">http://www.myhumblekitchen.com/2014/07/sausages-peppers-onions-einkorn-pasta/</a>
Simple Hoison Glazed Salmon	<a href="http://pinchofyum.com/simple-hoisin-glazed-salmon">http://pinchofyum.com/simple-hoisin-glazed-salmon</a>
Beef & Barley Stew	<a href="http://livesimply.me/2014/01/07/beef-barley-stew/">http://livesimply.me/2014/01/07/beef-barley-stew/</a>
Apple & Sweet Potato Bake (with chicken)	<a href="http://livesimply.me/2013/11/11/apple-sweet-potato-bake/">http://livesimply.me/2013/11/11/apple-sweet-potato-bake/</a>
Roasted Whole Chicken	<a href="http://livesimply.me/2013/06/17/how-to-save-money-and-roast-a-chicken/">http://livesimply.me/2013/06/17/how-to-save-money-and-roast-a-chicken/</a>
Thai Chicken with Zucchini Noodles	<a href="http://colorfuleatsnutrition.com/recipes/thai-chicken-basil-with-zucchini-noodles-grain-free-gluten-free">http://colorfuleatsnutrition.com/recipes/thai-chicken-basil-with-zucchini-noodles-grain-free-gluten-free</a>
Stuffed Breakfast Biscuit Muffins	<a href="http://wegotreal.com/stuffed-breakfast-biscuit-muffins/">http://wegotreal.com/stuffed-breakfast-biscuit-muffins/</a>
Countryside Peach Bars	<a href="http://www.scratchmommy.com/countryside-peach-bars/">http://www.scratchmommy.com/countryside-peach-bars/</a>
Grab-n-Go Pancake Muffins	<a href="http://blog.kitchenaid.com/grab-and-go-pancake-muffins-back-to-school-recipe/">http://blog.kitchenaid.com/grab-and-go-pancake-muffins-back-to-school-recipe/</a>
Banana French Toast	<a href="http://livesimply.me/2013/04/28/banana-nut-french-toast-recipe/">http://livesimply.me/2013/04/28/banana-nut-french-toast-recipe/</a>
Breakfast Smoothies with muffins, toast, or hardboiled egg	<a href="http://livesimply.me/2014/07/29/diy-freezer-smoothie-packs-recipes/">http://livesimply.me/2014/07/29/diy-freezer-smoothie-packs-recipes/</a>
Almond Flour Banana Bread	<a href="http://livesimply.me/2013/06/01/almond-flour-banana-bread/">http://livesimply.me/2013/06/01/almond-flour-banana-bread/</a>
Egg in a Hole	<a href="http://weelicious.com/2009/05/03/egg-in-the-hole/">http://weelicious.com/2009/05/03/egg-in-the-hole/</a>
Breakfast Casserole Bites	<a href="http://www.100daysofrealfood.com/2012/01/11/recipe-breakfast-casserole-bites/">http://www.100daysofrealfood.com/2012/01/11/recipe-breakfast-casserole-bites/</a>