

Risa's Family Kitchen

MONTHLY MEAL PLAN

Plan less. Enjoy more. Every recipe is one click away.

OCTOBER 2026



SUN	MON	TUE	WED	THUR	FRI	SAT
hello FALL				1 <u>Air Fryer</u> <u>BBQ</u> <u>Chicken</u> <u>Wings</u>	2 <u>Marry Me</u> <u>Chicken</u> <u>Pasta</u>	3 <u>Air Fryer</u> <u>Meatloaf</u>
4 <u>Buttermilk</u> <u>Brined</u> <u>Turkey</u> <u>Breast</u>	5 <u>Sweet</u> <u>Potato</u> <u>Black Bean</u> <u>Curry</u>	6 <u>Chicken</u> <u>and Shrimp</u> <u>Fried Rice</u>	7 <u>Bacon</u> <u>Wrapped</u> <u>Meatloaf</u>	8 <u>Baked</u> <u>Spagetti</u>	9 <u>Slow</u> <u>Cooker</u> <u>Brats with</u> <u>Onions and</u> <u>Peppers</u>	10 <u>Slow</u> <u>Cooker</u> <u>Chicken</u> <u>Tortilla</u> <u>Soup</u>
11 <u>Slow Cooker</u> <u>Velveeta Mac</u> <u>n Cheese</u>	12 <u>Stove</u> <u>Top Chili</u>	13 <u>Meatball</u> <u>Parmigiana</u>	14 <u>Meatball</u> <u>Parmigiana</u> <u>Sub</u>	15 <u>Creamy</u> <u>Chicken</u> <u>Enchiladas</u> <u>with Sour</u> <u>Cream</u>	16 <u>Cottage Pie</u> <u>with</u> <u>Cheese</u>	17 <u>Philly</u> <u>Cheesesteak</u> <u>Sliders with</u> <u>Hawaiian</u> <u>Rolls</u>
18 <u>Southwest</u> <u>Crockpot</u> <u>Chicken</u> <u>and Rice</u>	19 <u>Pumpkin</u> <u>Tofu Curry</u>	20 <u>Pumpkin</u> <u>Polenta</u> <u>with</u> <u>Garlicky</u> <u>Kale and</u> <u>White</u> <u>Beans</u>	21 <u>One Pot</u> <u>Orzo with</u> <u>Broccoli</u> <u>and Butter</u> <u>Beans</u>	22 <u>Warm Kale</u> <u>and Lentil</u> <u>Salad</u>	23 <u>Piggies in</u> <u>a Blanket</u> <u>Air Fryer</u>	24 <u>Air Fryer</u> <u>Pizza</u>
25 <u>Smoked</u> <u>Meatloaf</u>	26 <u>Smoked</u> <u>Sirloin Tip</u> <u>Roast</u>	27 <u>Smoked</u> <u>Gouda</u> <u>Mac and</u> <u>Cheese</u>	28 <u>Beef</u> <u>Cabbage</u> <u>Soup</u>	29 <u>Naan</u> <u>Flatbread</u> <u>Pizza</u>	30 <u>Sheet</u> <u>Pan</u> <u>Chicken</u> <u>Thighs</u>	31 <u>Chili and</u> <u>Cornbread</u> <u>Casserole</u>

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