

MD ROOTED & STILL • FREE FAMILY EDITION

# October

## Harvest Meal Plan

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*31 days of dinners decided, for a family of four*

OCTOBER 1 - 31, 2026

31

dinners planned

31

full recipes

5

shopping lists

1

prep hour a week

*Breakfast · Lunch · Dinner · Snack — every day, already decided.*

ROOTED • STEADY • NOURISHED

# Dinner is decided.

*You just have to show up.*

You don't need another app or another Pinterest board. You need someone to tell you what's for dinner on a Tuesday. This is that.

Every meal for October is planned. Every shopping list is written. Leftovers are built in on purpose, so most lunches cook themselves. One prep session a week keeps the whole thing moving.

Use what helps. Skip what doesn't. A swapped night is not a failed plan.

## HOW THE WEEK RUNS

# 1

### Check

Look at the Staples page.  
Circle what you're low on.

# 2

### Shop

Take that week's list.  
Lines marked "if low" are  
only if you circled them.

# 3

### Prep once

About an hour. Rice, eggs,  
chopped veg, fruit  
washed.

# 4

### Cook + save

Each recipe has a green  
line telling you what to  
save for tomorrow.

## GOOD TO KNOW

- Built for 2 adults + 2 kids. Feeding teens? Add a half pound of protein to each dinner.
- Dinner page numbers are printed right on every menu — flip straight to the recipe.
- Meat thermometer: chicken 165°F • ground beef 160°F • fish 145°F. Cheap insurance.
- Freeze later-week meat the day you shop. Move it to the fridge the night before.

*"Rooted and built up in him, and stablished in the faith." — Colossians 2:7*

*Every dinner, one page. Hang it on the fridge.*

FREE FOR YOUR FAMILY • MD ROOTED & STILL 3

# Rooted Staples

Check these before every shop. Circle what's low.

## PANTRY

- ☐ Oats
- ☐ Rice + wild-rice blend
- ☐ Pasta + egg noodles
- ☐ Flour
- ☐ Canned beans
- ☐ Canned tomatoes + tomato paste
- ☐ Pumpkin purée
- ☐ Broth or bouillon
- ☐ Peanut butter
- ☐ Maple syrup
- ☐ Crackers + tortillas
- ☐ Olive oil + baking basics
- ☐ Cinnamon • cumin • chili powder
- ☐ Paprika • Italian herbs • thyme

## FRIDGE

- ☐ Eggs
- ☐ Milk
- ☐ Butter
- ☐ Greek yogurt
- ☐ Cheddar + Parmesan
- ☐ Hummus
- ☐ Carrots + celery
- ☐ Apples

## FREEZER

- ☐ Chicken
- ☐ Ground beef
- ☐ Frozen peas + corn
- ☐ Frozen broccoli + spinach
- ☐ Bread + tortillas

### USE FIRST

- Opened produce
- Cooked leftovers
- Opened dairy
- Anything nearing its date

*Lunch is usually last night's dinner. That's the plan working.*

### THE LAST-ONE RULE

Open the last one,  
write it down.

Last tub of hummus, last dozen eggs, last can of pumpkin — the moment you open it, it goes on next week's list. No more Tuesday-night surprises.

# Week 1: Settle In

October 1–4

| DAY      | BREAKFAST                     | LUNCH                    | DINNER                                                                  | SNACK                 |
|----------|-------------------------------|--------------------------|-------------------------------------------------------------------------|-----------------------|
| THU<br>1 | Apple-cinnamon oatmeal + eggs | Hummus harvest plates    | <b>Herb chicken, sweet potatoes + green beans</b><br><i>recipe p.18</i> | Apple + PB            |
| FRI<br>2 | Pumpkin yogurt parfaits       | Chicken harvest bowls    | <b>Beef vegetable shepherd's pie</b><br><i>recipe p.18</i>              | Cinnamon yogurt       |
| SAT<br>3 | Cheesy spinach eggs + toast   | Shepherd's pie leftovers | <b>Creamy chicken + wild rice soup</b><br><i>recipe p.19</i>            | Hummus + crackers     |
| SUN<br>4 | Apple-pie French toast        | Soup + toast             | <b>Sunday pot roast + vegetables</b><br><i>recipe p.19</i>              | Baked cinnamon apples |

PREP ONCE • ABOUT AN HOUR

- ☐ Hard-boil 6 eggs
- ☐ Wash apples + snack produce
- ☐ Chop carrots + celery
- ☐ Portion hummus vegetables
- ☐ Cook 2 cups dry rice for bowls
- ☐ Leave potatoes whole until needed

THIS WEEK, NOTE

# Week 1 Shopping List

October 1–4 • *tear off, take it with you*

## PRODUCE

- ☐ 8 apples
- ☐ 3 lb sweet potatoes
- ☐ 5 lb white/gold potatoes
- ☐ 2 lb carrots
- ☐ 1 bunch celery
- ☐ 3 onions
- ☐ 1 garlic bulb
- ☐ 1 lb green beans
- ☐ 2 cucumbers
- ☐ 1 large bag spinach
- ☐ 2 lemons

## DAIRY + COLD

- ☐ 1 gal milk
- ☐ 32 oz Greek yogurt
- ☐ 16 oz cheddar
- ☐ 2 tubs hummus
- ☐ Butter (if low)

## PROTEIN

- ☐ 4 lb chicken
- ☐ 1.5 lb ground beef
- ☐ 3–4 lb chuck roast
- ☐ 18 eggs

## PANTRY

- ☐ 1 loaf bread
- ☐ 1 box crackers
- ☐ Wild-rice blend
- ☐ Rice (if low)

## BUY ONLY IF LOW

- ☐ Broth
- ☐ Oats
- ☐ Peanut butter
- ☐ Flour
- ☐ Frozen peas
- ☐ Pumpkin
- ☐ Tomato paste

## ALSO NEED

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# Week 2: Full Rhythm

October 5–11

| DAY       | BREAKFAST                      | LUNCH                      | DINNER                                                             | SNACK             |
|-----------|--------------------------------|----------------------------|--------------------------------------------------------------------|-------------------|
| MON<br>5  | PB banana oatmeal              | Pot roast sandwich or bowl | <b>Chicken broccoli cheddar rice bake</b><br><i>recipe p.20</i>    | Apple + cheddar   |
| TUE<br>6  | Egg + potato breakfast bowls   | Chicken rice bake          | <b>Beef taco sweet potatoes</b><br><i>recipe p.20</i>              | Yogurt + granola  |
| WED<br>7  | Pumpkin overnight oats         | Taco bowls                 | <b>Creamy Tuscan white bean chicken</b><br><i>recipe p.21</i>      | Hummus + veggies  |
| THU<br>8  | Apple yogurt crunch bowls      | Tuscan chicken leftovers   | <b>Beef + bean chili + cornbread</b><br><i>recipe p.21</i>         | PB banana         |
| FRI<br>9  | Cinnamon French toast + eggs   | Chili bowls                | <b>Garlic butter salmon, rice + broccoli</b><br><i>recipe p.22</i> | Apple oat bites   |
| SAT<br>10 | Pumpkin pancakes               | Salmon rice bowls          | <b>Chicken pot pie</b><br><i>recipe p.22</i>                       | Cheese + crackers |
| SUN<br>11 | Breakfast potato + egg skillet | Pot pie leftovers          | <b>Beef vegetable stew + bread</b><br><i>recipe p.23</i>           | Warm apple crisp  |

PREP ONCE • ABOUT AN HOUR

- ☐ Cook a large pot of rice
- ☐ Hard-boil 6 eggs
- ☐ Wash + chop broccoli
- ☐ Prep carrots + celery
- ☐ Make pumpkin overnight oats (Tue night)
- ☐ Portion snack fruit
- ☐ Keep salmon cold + raw until Friday

THIS WEEK, NOTE

# Week 2 Shopping List

October 5–11 • tear off, take it with you

## PRODUCE

- ☐ 8 bananas
- ☐ 6–8 apples
- ☐ 4 large sweet potatoes
- ☐ 5 lb potatoes
- ☐ 3 broccoli crowns (or 2 bags)
- ☐ 1 large bag spinach
- ☐ 3 avocados
- ☐ 2 cucumbers
- ☐ 2 lb carrots
- ☐ Celery (if needed)
- ☐ 3 onions
- ☐ Garlic (if needed)
- ☐ 2 lemons

## DAIRY + COLD

- ☐ 32 oz Greek yogurt
- ☐ 1 gal milk
- ☐ 16–24 oz cheddar
- ☐ 8 oz Parmesan
- ☐ 2 tubs hummus
- ☐ Butter (if low)

## PROTEIN

- ☐ 5 lb chicken
- ☐ 3 lb ground beef
- ☐ 2 lb stew beef
- ☐ 1.5 lb salmon
- ☐ 18 eggs

## PANTRY

- ☐ 2 cans white beans
- ☐ 2 cans black beans
- ☐ 2 cans kidney/chili beans
- ☐ 28 oz crushed tomatoes
- ☐ 2 cans diced tomatoes
- ☐ Corn
- ☐ 1 lb pasta
- ☐ Rice
- ☐ Granola
- ☐ Salsa
- ☐ Cornbread mix
- ☐ Pie crust or biscuits
- ☐ Bread
- ☐ Crackers

## ALSO NEED

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# Week 3: Cozy Middle

October 12–18

| DAY       | BREAKFAST                   | LUNCH                   | DINNER                                                       | SNACK              |
|-----------|-----------------------------|-------------------------|--------------------------------------------------------------|--------------------|
| MON<br>12 | Apple PB overnight oats     | Beef stew               | <b>Chicken + dumplings</b><br><i>recipe p.24</i>             | Yogurt + berries   |
| TUE<br>13 | Egg, cheese + spinach toast | Chicken + dumplings     | <b>Stuffed pepper skillet</b><br><i>recipe p.24</i>          | Hummus plate       |
| WED<br>14 | Pumpkin oatmeal             | Stuffed pepper bowls    | <b>Lemon chicken orzo soup</b><br><i>recipe p.25</i>         | Apple + PB         |
| THU<br>15 | Banana oat pancakes         | Chicken orzo soup       | <b>Loaded baked potato bar</b><br><i>recipe p.25</i>         | Yogurt parfait     |
| FRI<br>16 | Apple cinnamon French toast | Loaded potato leftovers | <b>Beef meatballs + marinara pasta</b><br><i>recipe p.26</i> | Pumpkin oat muffin |
| SAT<br>17 | Breakfast burritos          | Meatball subs           | <b>Maple-Dijon chicken + roast veg</b><br><i>recipe p.26</i> | Hummus + crackers  |
| SUN<br>18 | Pumpkin pancakes + eggs     | Chicken harvest bowls   | <b>Sunday chicken noodle soup</b><br><i>recipe p.27</i>      | Apple crumble      |

PREP ONCE • ABOUT AN HOUR

- ☐ Hard-boil eggs
- ☐ Make overnight oats (Sun night)
- ☐ Wash fruit
- ☐ Chop soup vegetables
- ☐ Cook rice
- ☐ Divide chicken by recipe; freeze later-week portions

THIS WEEK, NOTE

# Week 3 Shopping List

October 12–18 • *tear off, take it with you*

## PRODUCE

- ☐ 8 apples
- ☐ 6 bananas
- ☐ Berries
- ☐ 1 large bag spinach
- ☐ 8–10 lb potatoes
- ☐ 3 lb sweet potatoes
- ☐ 2 lb carrots
- ☐ Celery
- ☐ 3 bell peppers
- ☐ 1 lb Brussels sprouts
- ☐ 4 onions
- ☐ Garlic
- ☐ 3 lemons
- ☐ Green onions

## DAIRY + COLD

- ☐ 1 gal milk
- ☐ 32 oz Greek yogurt
- ☐ 16 oz mozzarella
- ☐ 16 oz cheddar
- ☐ 8 oz Parmesan
- ☐ 2 tubs hummus
- ☐ Butter (if low)

## PROTEIN

- ☐ ~6 lb chicken
- ☐ 3 lb ground beef
- ☐ 18 eggs

## PANTRY

- ☐ Orzo
- ☐ Spaghetti
- ☐ Egg noodles
- ☐ Rice
- ☐ Breadcrumbs
- ☐ Large jar marinara
- ☐ Diced tomatoes
- ☐ Tomato sauce
- ☐ 2 cans beans
- ☐ Dijon mustard
- ☐ Tortillas
- ☐ Sub rolls
- ☐ Bread
- ☐ 2 cans pumpkin
- ☐ Crackers

## ALSO NEED

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# Week 4: Harvest Week

October 19–25

| DAY       | BREAKFAST                | LUNCH                | DINNER                                                       | SNACK                 |
|-----------|--------------------------|----------------------|--------------------------------------------------------------|-----------------------|
| MON<br>19 | Pumpkin baked oatmeal    | Chicken noodle soup  | <b>Beef stroganoff + green beans</b><br><i>recipe p.28</i>   | Apple + PB            |
| TUE<br>20 | Eggs + sweet potato hash | Stroganoff leftovers | <b>Chicken fajita bowls</b><br><i>recipe p.28</i>            | Yogurt + granola      |
| WED<br>21 | Apple yogurt parfait     | Fajita bowls         | <b>White chicken chili</b><br><i>recipe p.29</i>             | Hummus + crackers     |
| THU<br>22 | PB banana toast + eggs   | White chili          | <b>Harvest chicken pasta</b><br><i>recipe p.29</i>           | Cheese + apple        |
| FRI<br>23 | Cinnamon oatmeal         | Harvest pasta        | <b>Homemade beef burgers + fries</b><br><i>recipe p.30</i>   | Pumpkin yogurt dip    |
| SAT<br>24 | Pumpkin French toast     | Burger bowls         | <b>Chicken potato corn chowder</b><br><i>recipe p.30</i>     | Apple nachos          |
| SUN<br>25 | Family breakfast skillet | Chowder              | <b>Roast chicken + root vegetables</b><br><i>recipe p.31</i> | Baked oatmeal squares |

PREP ONCE • ABOUT AN HOUR

- ☐ Bake pumpkin oatmeal (Sun before)
- ☐ Cook rice
- ☐ Wash fruit
- ☐ Chop fajita vegetables
- ☐ Hard-boil eggs
- ☐ Divide chicken by recipe; chill or freeze

THIS WEEK, NOTE

# Week 4 Shopping List

October 19–25 · *tear off, take it with you*

## PRODUCE

- ☐ 8 apples
- ☐ 6 bananas
- ☐ 3 lb sweet potatoes
- ☐ 8 lb potatoes
- ☐ 8 oz mushrooms
- ☐ 1 lb green beans
- ☐ 4 bell peppers
- ☐ 3 avocados
- ☐ 2 limes
- ☐ 1 large bag spinach
- ☐ 1 butternut squash
- ☐ Lettuce
- ☐ 3 tomatoes
- ☐ 2 lb carrots
- ☐ Celery
- ☐ 4 onions
- ☐ Garlic

## DAIRY + COLD

- ☐ 32 oz Greek yogurt
- ☐ 1 gal milk
- ☐ 24 oz cheddar
- ☐ 8 oz Parmesan
- ☐ 8 oz cream cheese
- ☐ 2 tubs hummus
- ☐ Butter (if needed)

## PROTEIN

- ☐ 5–6 lb chicken
- ☐ 4–5 lb whole chicken
- ☐ 3 lb ground beef
- ☐ 18 eggs

## PANTRY

- ☐ 3 cans white beans
- ☐ 2 cans black beans
- ☐ Corn
- ☐ Green chiles
- ☐ Pasta
- ☐ Egg noodles
- ☐ Rice (if low)
- ☐ Burger buns
- ☐ Bread
- ☐ Crackers

## ALSO NEED

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# Week 5: Finish Strong

October 26–31

| DAY       | BREAKFAST                 | LUNCH                | DINNER                                                     | SNACK                   |
|-----------|---------------------------|----------------------|------------------------------------------------------------|-------------------------|
| MON<br>26 | Apple pie oatmeal         | Roast chicken bowls  | <b>Chicken + biscuit casserole</b><br><i>recipe p.31</i>   | PB apple                |
| TUE<br>27 | Pumpkin yogurt bowl       | Chicken casserole    | <b>Beef + sweet potato chili</b><br><i>recipe p.32</i>     | Hummus plate            |
| WED<br>28 | Cheesy eggs + toast       | Chili                | <b>Creamy broccoli chicken pasta</b><br><i>recipe p.32</i> | Pumpkin muffin          |
| THU<br>29 | Banana oat pancakes       | Pasta leftovers      | <b>Salmon cakes + wedges + peas</b><br><i>recipe p.33</i>  | Yogurt + fruit          |
| FRI<br>30 | Cinnamon French toast     | Salmon cakes + salad | <b>Cozy beef pot pie</b><br><i>recipe p.33</i>             | Apple + cheese          |
| SAT<br>31 | Pumpkin pancake breakfast | Harvest snack board  | <b>Harvest roast chicken supper</b><br><i>recipe p.31</i>  | Pumpkin popcorn + cocoa |

PREP ONCE • ABOUT AN HOUR

- ☐ Shop freezer + pantry first
- ☐ Wash fruit
- ☐ Chop snack vegetables
- ☐ Hard-boil eggs
- ☐ Shred leftover roast chicken (Sun night)
- ☐ Skip bulk prep — finish October's food

THIS WEEK, NOTE

# Week 5 Shopping List

October 26–31 · tear off, take it with you

## PRODUCE

- ☐ 10–12 apples
- ☐ 4–6 bananas
- ☐ 5 lb sweet potatoes
- ☐ 5 lb potatoes
- ☐ 2 broccoli crowns
- ☐ 2 lb carrots
- ☐ Celery (if needed)
- ☐ 3 onions
- ☐ Garlic
- ☐ 1.5 lb green beans
- ☐ 2 lemons
- ☐ Salad greens
- ☐ Fruit for yogurt

## DAIRY + COLD

- ☐ 1 gal milk
- ☐ 32 oz Greek yogurt
- ☐ 16 oz cheddar
- ☐ 8 oz Parmesan
- ☐ Butter (if needed)
- ☐ 2 tubs hummus

## PROTEIN

- ☐ 4–5 lb whole chicken
- ☐ ~3 lb chicken breasts/thighs
- ☐ 3 lb ground beef
- ☐ 2 large cans salmon
- ☐ 18 eggs

## PANTRY

- ☐ 2 cans beans
- ☐ 28 oz crushed tomatoes
- ☐ 1 lb pasta
- ☐ 2 packs biscuits/pie crust
- ☐ Bread
- ☐ Crackers
- ☐ Popcorn
- ☐ Cocoa
- ☐ Vanilla ice cream (optional)

## ALSO NEED

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# Breakfast Builds

*No recipe card needed. One method, many mornings.*

## Oatmeal, any flavor

*Apple-cinnamon • PB banana • Pumpkin • Cinnamon • Apple pie*

Simmer 2 cups oats in 4 cups milk or water 5 min. Stir in the flavor: diced apple + cinnamon, sliced banana + PB, ½ cup pumpkin + cinnamon + maple.

## Overnight oats

*Pumpkin • Apple PB*

Per person: ½ cup oats, ½ cup milk, ¼ cup Greek yogurt. Add 2 tbsp pumpkin + cinnamon, or diced apple + 1 tbsp PB. Cover and chill overnight.

## French toast

*Apple-pie • Cinnamon • Apple cinnamon • Pumpkin*

Whisk 6 eggs, 1 cup milk, cinnamon, vanilla (+ ½ cup pumpkin for pumpkin). Dip 8 slices bread; cook in butter until set in the middle. Top with sautéed apples + maple.

## Pumpkin pancakes

*Oct 10 • 18 • 31*

Mix 2 cups flour, 2 tsp baking powder, 1 tbsp sugar, cinnamon, pinch salt. Add 1½ cups milk, ¾ cup pumpkin, 2 eggs, 3 tbsp melted butter. Cook on a buttered griddle.

## Banana oat pancakes

*Oct 15 • 29*

Blend 2 cups oats, 2 ripe bananas, 2 eggs, ¾ cup milk, 1 tsp baking powder, cinnamon. Rest 5 min; cook small pancakes over medium heat.

## Egg plates

*Cheesy spinach eggs • Egg-cheese-spinach toast • PB banana toast + eggs*

Scramble 8 eggs with a handful of spinach and cheddar until firm. Serve with toast or on toast.

## Potato + egg skillet

*Egg + potato bowls • Potato egg skillet • Sweet potato hash • Family skillet*

Dice 2 lb potatoes or sweet potatoes; cook in oil, covered 10 min, then uncovered until crisp. Add onion + spinach. Scramble in eggs until fully set.

## Yogurt bowls + parfaits

*Pumpkin parfait • Apple crunch • Pumpkin yogurt bowl*

Greek yogurt + pumpkin + cinnamon + maple, or diced apple + granola. Layer in cups for kids.

## Breakfast burritos

*Oct 17 • freezer-friendly*

Scrambled eggs, leftover potatoes, cheddar, salsa in tortillas. Wrap extras in foil and freeze; reheat until hot through.

*Eggs for little ones and expecting mamas: cook until whites and yolks are firm.*

# Lunch + Snack Builds

*Most lunches are last night's dinner, dressed up.*

## LUNCH

### Harvest bowls

Rice or greens + saved chicken + roasted sweet potato or veg + apple slices. Drizzle: olive oil, lemon, maple, Dijon.

### Hummus plates

Hummus, cucumber, carrots, crackers, apple, a hard-boiled egg, cheese.

### Leftover bowls

Taco • Salmon • Stuffed pepper • Fajita • Burger • Roast chicken — last night's protein over rice with whatever toppings are left.

### Pot roast sandwiches

Warm shredded roast with its juices on bread, or over leftover potatoes.

### Meatball subs

Saved meatballs in marinara on sub rolls with mozzarella. Broil 2–3 min.

### Harvest snack board

Oct 31: crackers, cheese, apples, hummus, veggies, eggs — set it out and let them graze.

## SNACKS

### Baked cinnamon apples

4 sliced apples + cinnamon + 1 tbsp butter + drizzle of maple. 375°F, 20–25 min.

### Apple oat bites

1 cup oats, ½ cup PB, ¼ cup maple, ½ cup grated apple, cinnamon. Roll; chill 30 min.

### Pumpkin yogurt dip

1 cup Greek yogurt + ½ cup pumpkin + maple + cinnamon. Dip apples.

### Apple nachos

Apple slices fanned on a plate, warm PB drizzle, sprinkle of granola.

### Pumpkin muffins

Pumpkin baked oatmeal batter in muffin tins, 350°F, 20–22 min.

### Pumpkin popcorn + cocoa

Popcorn tossed with melted butter, cinnamon + a little sugar. Warm cocoa alongside.

# Feed the Mama, Too

*You are not the leftovers. Eat on purpose.*

Mamas skip meals and finish crusts. Not this month. When you snack, pair a protein with a produce or a carb — it holds you longer than either alone.

Greek yogurt

+ fruit

Hummus

+ crackers or  
cucumber

Egg

+ toast or fruit

Cheese

+ apple

Peanut butter

+ banana or apple

## EXPECTING? FOOD-SAFETY BASICS

- Choose pasteurized milk, cheese and juice.
- Cook eggs until whites and yolks are firm.
- Poultry and leftovers to 165°F • ground beef to 160°F • fish to 145°F.
- Skip raw or undercooked seafood and raw sprouts.
- Refrigerate leftovers within 2 hours; eat within 3–4 days.
- Your doctor or midwife has the final word on your plate.

*Fill your plate before you fill theirs. They're watching how you treat yourself.*

WEEK 1 • THU OCT 1

## Herb Chicken Sheet Pan

*Serves 4 • 425°F • 45 min*

## INGREDIENTS

- 2 lb chicken, cut in pieces
- 2 large sweet potatoes, cubed
- 1 lb green beans, trimmed
- 3 tbsp olive oil
- 1 tsp each garlic powder, onion powder, paprika, thyme
- Salt + pepper
- ½ lemon

## METHOD

- 1 Heat oven to 425°F. Toss sweet potatoes with oil and seasoning. Roast 15 min.
- 2 Season chicken and add to the pan. Roast 15 min.
- 3 Add green beans; roast until vegetables are tender and chicken reaches 165°F.
- 4 Finish with lemon.

SAVE ~2 cups chicken → Friday harvest bowls

WEEK 1 • FRI OCT 2

## Rooted Shepherd's Pie

*Serves 4-6 • 400°F • 1 hr*

## INGREDIENTS

- 1.5 lb ground beef
- 2.5 lb potatoes, peeled + cubed
- 1 onion; 3 carrots, diced
- 1 cup frozen peas
- 2 tbsp tomato paste; 2 tbsp flour
- 1.5 cups beef broth
- 3 tbsp butter; ½ cup milk
- 1 cup cheddar; 1 tsp thyme

## METHOD

- 1 Boil potatoes until tender; mash with butter and milk.
- 2 Brown beef to 160°F. Add onion and carrots; cook 6 min.
- 3 Stir in tomato paste, thyme and flour. Slowly add broth; simmer until thick. Add peas.
- 4 Spread filling in a baking dish, top with mash and cheddar. Bake at 400°F for 20-25 min.

LEFTOVERS → Saturday lunch

WEEK 1 • SAT OCT 3

# Creamy Chicken Wild Rice Soup

*Serves 6 • Stovetop • 1 hr*

## INGREDIENTS

- 1 onion; 3 carrots; 3 celery stalks
- 2 tbsp butter; 3 garlic cloves
- $\frac{3}{4}$  cup wild-rice blend
- 7 cups chicken broth
- 2.5 cups cooked chicken (~1.5 lb raw)
- 1 cup milk; 2 tbsp flour
- 2 handfuls spinach

## METHOD

- 1 Soften onion, carrots and celery in butter. Add garlic, rice and broth.
- 2 Simmer until rice is tender, 35–45 min. Add chicken.
- 3 Whisk flour into milk; stir into soup and simmer 5–10 min to thicken.
- 4 Stir in spinach at the end. Serve with toast.

LEFTOVERS → Sunday lunch with toast

WEEK 1 • SUN OCT 4

# Sunday Pot Roast

*Serves 6 • Slow cooker • 5–9 hr*

## INGREDIENTS

- 3–4 lb chuck roast
- 2 lb potatoes; 1 lb carrots
- 1 onion; 4 garlic cloves
- 3 cups beef broth
- 1 tbsp tomato paste
- Thyme, rosemary, salt, pepper

## METHOD

- 1 Season roast well; brown on all sides first if you have time.
- 2 Add roast, vegetables, broth, tomato paste and herbs to the slow cooker.
- 3 Cook LOW 8–9 hr or HIGH 5–6 hr until fork-tender.
- 4 Slice or shred and spoon juices over the top.

LEFTOVERS → Monday sandwiches or bowls

WEEK 2 • MON OCT 5

## Chicken Broccoli Cheddar Rice Bake

*Serves 4-6 • 375°F • 40 min*

## INGREDIENTS

- 3 cups cooked rice
- 3 cups cooked chicken (~2 lb raw)
- 3 cups broccoli florets
- 2 tbsp butter + 2 tbsp flour
- 2 cups milk
- 1.5 cups cheddar

## METHOD

- 1 Melt butter; whisk in flour 1 min. Slowly whisk in milk until thickened.
- 2 Melt in 1 cup cheese. Fold sauce into chicken, rice and broccoli.
- 3 Spread in a baking dish; top with remaining cheese.
- 4 Bake at 375°F for 25-30 min until bubbling.

LEFTOVERS → Tuesday lunch

WEEK 2 • TUE OCT 6

## Beef Taco Sweet Potatoes

*Serves 4 • 425°F • 1 hr*

## INGREDIENTS

- 4 large sweet potatoes
- 1.5 lb ground beef
- 1 cup black beans, drained
- 2 tsp chili powder, 1 tsp cumin, garlic + onion powder
- Toppings: cheddar, avocado, Greek yogurt, salsa

## METHOD

- 1 Pierce sweet potatoes; bake at 425°F for 45-55 min until soft.
- 2 Brown beef to 160°F. Add spices, ½ cup water and beans; simmer 5 min.
- 3 Split potatoes and fill with taco beef.
- 4 Let everyone top their own.

SAVE taco beef → Wednesday taco bowls over rice

WEEK 2 • WED OCT 7

## Creamy Tuscan White Bean Chicken

*Serves 4 • One pan • 30 min*

## INGREDIENTS

- 1.5 lb chicken, bite-size
- 1 can white beans, drained
- 1 can diced tomatoes
- $\frac{3}{4}$  cup broth;  $\frac{1}{2}$  cup milk or cream
- $\frac{1}{2}$  cup Parmesan
- 3 cups spinach; 3 garlic cloves; Italian seasoning

## METHOD

- 1 Cook chicken pieces in a little oil to 165°F; remove.
- 2 Cook garlic 30 sec. Add beans, tomatoes, broth and milk; simmer 5 min.
- 3 Stir in Parmesan and spinach. Return chicken and heat through.
- 4 Serve with pasta or crusty bread.

LEFTOVERS → Thursday lunch

WEEK 2 • THU OCT 8

## Beef + Bean Chili

*Serves 6 • Big pot • 45–75 min*

## INGREDIENTS

- 1.5 lb ground beef
- 1 onion, diced
- 2 cans beans, drained
- 28 oz crushed + 15 oz diced tomatoes
- 1.5 cups broth
- 2 tbsp chili powder, 2 tsp cumin, 1 tsp smoked paprika
- Cornbread mix to serve

## METHOD

- 1 Brown beef and onion; drain.
- 2 Add everything else and stir well.
- 3 Simmer at least 30 min — an hour is better. Bake cornbread meanwhile.
- 4 Serve with cheddar and a spoon of Greek yogurt.

LEFTOVERS → Friday chili bowls

WEEK 2 • FRI OCT 9

## Garlic Butter Salmon

*Serves 4 • 400°F • 20 min*

## INGREDIENTS

- 1.5 lb salmon
- 2 tbsp butter; 3 garlic cloves
- ½ lemon
- Dill or parsley, salt, pepper
- Rice + broccoli to serve

## METHOD

- 1 Heat oven to 400°F.
- 2 Melt butter with garlic; brush over salmon. Add lemon slices.
- 3 Bake 12–16 min depending on thickness, to 145°F.
- 4 Serve with rice and steamed broccoli.

SAVE a portion → Saturday salmon rice bowls

WEEK 2 • SAT OCT 10

## Chicken Pot Pie

*Serves 6 • 400°F • 50 min*

## INGREDIENTS

- 3 cups cooked chicken
- 1 onion; 2 carrots; 2 celery stalks
- 4 tbsp butter; ½ cup flour
- 2 cups broth; 1 cup milk
- 1 cup peas; 1 tsp thyme
- Pie crust or biscuit topping

## METHOD

- 1 Cook diced vegetables in butter until soft. Stir in flour.
- 2 Slowly whisk in broth and milk until creamy.
- 3 Add chicken, peas and thyme. Pour into a baking dish.
- 4 Top and bake at 400°F until bubbling and deep golden, 30–35 min.

LEFTOVERS → Sunday lunch

WEEK 2 • SUN OCT 11

# Beef Vegetable Stew

*Serves 6 • Dutch oven • 2.5 hr*

## INGREDIENTS

- 2 lb stew beef
- 2 tbsp flour; 2 tbsp olive oil
- 1 onion; 3 garlic cloves
- 2 tbsp tomato paste
- 5 cups beef broth
- 1.5 lb potatoes; 4 carrots
- 1 cup peas; thyme, salt, pepper

## METHOD

- 1 Toss beef with flour, salt and pepper. Brown in oil in batches.
- 2 Add onion and garlic; cook 3 min. Stir in tomato paste and thyme.
- 3 Add broth; cover and simmer gently 1.5 hr. (Or slow cooker LOW 8 hr.)
- 4 Add potatoes and carrots; simmer 30–40 min until tender. Stir in peas. Serve with bread.

LEFTOVERS → Monday Oct 12 lunch

SNACK • SUN OCT 11 + SUN OCT 18

# Rooted Apple Crisp

*Serves 8 • 350°F • 45 min*

## INGREDIENTS

- 6 apples, sliced
- 2 tbsp maple syrup or brown sugar
- 1.5 tsp cinnamon; 1 tbsp flour
- Topping: 1 cup oats,  $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup cold butter

## METHOD

- 1 Toss apples with sweetener, cinnamon and flour; spread in a baking dish.
- 2 Mix topping with a pinch more cinnamon until crumbly.
- 3 Scatter topping over apples.
- 4 Bake at 350°F for 35–45 min until bubbling. Serve warm.

MAKE TWICE → Oct 11 crisp + Oct 18 crumble

WEEK 3 • MON OCT 12

## Chicken + Dumplings

*Serves 6 • Stovetop • 45 min*

## INGREDIENTS

- 2.5–3 cups cooked chicken
- 1 onion; 2 carrots; 2 celery stalks
- 6 cups broth; 1 tsp thyme
- Dumplings: 2 cups flour, 1 tbsp baking powder, ½ tsp salt, 3 tbsp melted butter, ¾ cup milk

## METHOD

- 1 Simmer diced vegetables, broth, thyme and chicken 15 min.
- 2 Stir dumpling ingredients into a soft dough.
- 3 Drop spoonfuls onto gently simmering soup.
- 4 Cover and cook 15 min without lifting the lid. Cut one center dumpling to check it's cooked through.

LEFTOVERS → Tuesday lunch

WEEK 3 • TUE OCT 13

## Stuffed Pepper Skillet

*Serves 4–6 • One pan • 35 min*

## INGREDIENTS

- 1.5 lb ground beef
- 1 onion; 2 bell peppers, diced
- 1 cup uncooked rice
- 15 oz diced tomatoes; 15 oz tomato sauce
- 2 cups broth; Italian seasoning
- 1 cup mozzarella

## METHOD

- 1 Brown beef to 160°F. Add onion and peppers; cook 4 min.
- 2 Stir in rice, tomatoes, sauce, broth and seasoning.
- 3 Cover and simmer about 20 min until rice is tender.
- 4 Top with mozzarella; cover until melted.

LEFTOVERS → Wednesday stuffed pepper bowls

WEEK 3 • WED OCT 14

# Lemon Chicken Orzo Soup

*Serves 6 • Stovetop • 35 min*

## INGREDIENTS

- 3 cups cooked chicken
- 1 onion; 3 carrots; 2 celery stalks
- 7 cups broth
- $\frac{3}{4}$  cup orzo
- 2 handfuls spinach
- 1 lemon, parsley, black pepper

## METHOD

- 1 Soften onion, carrots and celery in a little oil.
- 2 Add broth and orzo; cook until orzo is nearly tender.
- 3 Add chicken and spinach; heat through.
- 4 Finish with lemon juice, parsley and pepper.

LEFTOVERS → Thursday lunch

WEEK 3 • THU OCT 15

# Loaded Baked Potato Bar

*Serves 4 + leftovers • 425°F • 1 hr*

## INGREDIENTS

- 8 russet potatoes
- Olive oil + salt
- 2 cups broccoli (fresh or frozen)
- 1 can beans, warmed + seasoned
- 1.5 cups cheddar
- Greek yogurt, green onions, butter

## METHOD

- 1 Heat oven to 425°F. Scrub, pierce and rub potatoes with oil and salt.
- 2 Bake right on the rack 50–60 min, until a knife slides in easily.
- 3 Steam broccoli; warm the beans.
- 4 Split potatoes and set out toppings — everyone builds their own.

BAKE 2–4 extra → Friday lunch

WEEK 3 • FRI OCT 16

## Beef Meatballs + Marinara

*Serves 4 + subs • 400°F • 35 min*

## INGREDIENTS

- 1.5 lb ground beef
- 1 egg
- ½ cup breadcrumbs
- ¼ cup Parmesan
- Garlic + Italian seasoning
- Large jar marinara; 1 lb spaghetti

## METHOD

- 1 Mix beef, egg, crumbs, Parmesan and seasoning — don't overwork.
- 2 Roll about 20 meatballs onto a lined pan.
- 3 Bake at 400°F for 18–22 min to 160°F. Cook spaghetti meanwhile.
- 4 Simmer meatballs in marinara; serve over spaghetti.

SAVE 8 meatballs → Saturday meatball subs

WEEK 3 • SAT OCT 17

## Maple-Dijon Chicken Sheet Pan

*Serves 4 • 425°F • 40 min*

## INGREDIENTS

- 2 lb chicken thighs
- 2 tbsp maple syrup; 2 tbsp Dijon
- 1 tbsp olive oil
- 1 sweet potato, 3 carrots, 1 lb Brussels sprouts
- 2 garlic cloves; thyme

## METHOD

- 1 Whisk maple, Dijon, oil, garlic and thyme.
- 2 Coat chicken. Arrange on a sheet pan with chopped vegetables.
- 3 Roast at 425°F for 30–40 min, stirring vegetables once.
- 4 Chicken is done at 165°F.

SAVE ~2 cups chicken → Sunday harvest bowls

WEEK 3 • SUN OCT 18

## Sunday Chicken Noodle Soup

*Serves 6 • Stovetop • 45 min*

## INGREDIENTS

- 1.5 lb chicken
- 1 onion; 3 carrots; 3 celery stalks
- 2 tbsp butter; 3 garlic cloves
- 8 cups chicken broth
- 6 oz egg noodles
- Thyme, parsley, salt, pepper

## METHOD

- 1 Soften onion, carrots and celery in butter 6–8 min. Add garlic.
- 2 Add broth, thyme and chicken; simmer 20–25 min until chicken reaches 165°F.
- 3 Lift out chicken, shred it, and return it to the pot.
- 4 Add noodles; cook 6–8 min until tender. Finish with parsley.

LEFTOVERS → Monday Oct 19 lunch

WEEK 4 • MON OCT 19 + SUN SNACK

## Pumpkin Baked Oatmeal

*Serves 6–8 • 350°F • 35 min*

## INGREDIENTS

- 3 cups oats
- 1 cup pumpkin purée
- 2 eggs
- 2 cups milk
- ⅓ cup maple syrup
- 1 tsp vanilla, 2 tsp cinnamon, 1 tsp baking powder, ¼ tsp salt

## METHOD

- 1 Mix everything in one bowl.
- 2 Spread in a greased 9×9 dish.
- 3 Bake at 350°F for 30–35 min until set in the center.
- 4 Serve warm with Greek yogurt or PB. Refrigerate leftovers.

BAKE on prep day • Same batter in muffin tins = 20–22 min

WEEK 4 • MON OCT 19

## Beef Stroganoff + Green Beans

*Serves 4-6 • Stovetop • 30 min*

## INGREDIENTS

- 1.5 lb ground beef
- 8 oz mushrooms, sliced
- 1 onion; 2 garlic cloves
- 2 tbsp flour; 1 tsp paprika
- 2 cups beef broth
- ½ cup Greek yogurt or 4 oz cream cheese
- 12 oz egg noodles; 1 lb green beans

## METHOD

- 1 Cook noodles; steam green beans.
- 2 Brown beef to 160°F; drain. Add onion, mushrooms and garlic; cook until mushrooms brown.
- 3 Stir in flour and paprika 1 min. Add broth; simmer 5 min until thick.
- 4 Take off the heat, then stir in yogurt (keeps it from splitting). Serve over noodles.

LEFTOVERS → Tuesday lunch

WEEK 4 • TUE OCT 20

## Chicken Fajita Bowls

*Serves 4 + lunch • Skillet • 30 min*

## INGREDIENTS

- 2 lb chicken, thinly sliced
- 3 bell peppers + 1 onion, sliced
- 2 tbsp olive oil; 1 lime
- 2 tsp chili powder, 1 tsp cumin, garlic powder, salt
- 4 cups cooked rice; 1 can black beans
- Avocado, lettuce, tomato, cheddar, Greek yogurt

## METHOD

- 1 Toss chicken with half the oil, the spices and lime juice.
- 2 Sear in a hot skillet in batches until it reaches 165°F; remove.
- 3 Cook peppers and onion in remaining oil until crisp-tender.
- 4 Build bowls: rice, beans, chicken, peppers, toppings.

SAVE chicken + peppers → Wednesday fajita bowls

WEEK 4 • WED OCT 21

# White Chicken Chili

*Serves 6 • One pot • 40 min*

## INGREDIENTS

- 3 cups cooked chicken
- 2 cans white beans
- 1 can corn
- 4 cups broth
- 1 can green chiles
- 1 onion, 2 garlic cloves, 1 tsp cumin, 1 tsp oregano
- 4 oz cream cheese (optional)

## METHOD

- 1 Soften onion and garlic; add everything else.
- 2 Simmer 30 min.
- 3 Mash about 1 cup of beans into the broth to thicken.
- 4 Stir in cream cheese for extra creaminess.

LEFTOVERS → Thursday lunch

WEEK 4 • THU OCT 22

# Harvest Chicken Pasta

*Serves 4-6 • 425°F + stovetop • 45 min*

## INGREDIENTS

- 1.5 lb chicken, bite-size
- 12 oz pasta
- 1 butternut squash, peeled + cubed
- 2 cups spinach
- ½ cup Parmesan
- 3 garlic cloves; sage; 2 tbsp butter

## METHOD

- 1 Roast squash with oil and salt at 425°F until tender, 25-30 min. Cook pasta; save 1 cup pasta water.
- 2 Cook chicken with garlic and sage to 165°F. Add spinach to wilt.
- 3 Add pasta, squash, Parmesan, butter and ~¾ cup pasta water.
- 4 Toss until glossy and creamy.

LEFTOVERS → Friday lunch

WEEK 4 • FRI OCT 23

## Homemade Burgers + Oven Fries

*Serves 4 + lunch • 425°F + skillet*

## INGREDIENTS

- 2 lb potatoes, cut into fries
- 2 tbsp olive oil; salt
- 1.5 lb ground beef
- 1 tsp each salt, garlic + onion powder; pepper
- Burger buns; cheddar slices
- Lettuce, tomato, onion

## METHOD

- 1 Heat oven to 425°F. Toss fries with oil and salt; roast 30–35 min, flipping once.
- 2 Season beef lightly; form 6 patties with a thumb dent in each.
- 3 Cook in a hot skillet 4–5 min per side to 160°F; add cheese the last minute.
- 4 Serve on buns with toppings.

COOK 2 extra patties → Saturday burger bowls

WEEK 4 • SAT OCT 24

## Chicken Potato Corn Chowder

*Serves 6 • Stovetop • 40 min*

## INGREDIENTS

- 3 cups cooked chicken
- 4 cups diced potatoes
- 2 cups corn
- 1 onion; 2 celery stalks
- 5 cups broth
- 1.5 cups milk; thyme; 2 garlic cloves
- Cheddar (optional)

## METHOD

- 1 Soften onion and celery in a little butter.
- 2 Add broth, potatoes, corn, garlic and thyme. Simmer until potatoes are tender.
- 3 Mash some potatoes right in the pot to thicken.
- 4 Add chicken and milk; heat gently without boiling.

LEFTOVERS → Sunday lunch

WEEK 4 • SUN OCT 25 + SAT OCT 31

# Harvest Roast Chicken

*Serves 4 + leftovers • 425°F • 1.5 hr*

## INGREDIENTS

- 4–5 lb whole chicken
- 2 lb potatoes; 1 lb carrots
- 1 sweet potato; 1 onion
- 3 tbsp olive oil or butter
- 4 garlic cloves; 1 lemon
- Thyme, rosemary, salt, pepper

## METHOD

- 1 Heat oven to 425°F. Pat chicken dry; rub with oil, salt, pepper and herbs. Tuck lemon and garlic inside.
- 2 Toss chopped vegetables with oil and salt; spread around the chicken.
- 3 Roast 75–90 min, until the thickest part of the thigh reaches 165°F.
- 4 Rest 15 min before carving.

SHRED Oct 25 leftovers → Mon bowls + casserole

WEEK 5 • MON OCT 26

# Chicken + Biscuit Casserole

*Serves 6 • 400°F • 40 min*

## INGREDIENTS

- 3 cups shredded roast chicken
- 2 cups frozen peas + corn
- 1 onion; 4 tbsp butter
- $\frac{1}{3}$  cup flour
- 2 cups broth; 1 cup milk
- 1 tsp thyme
- 1 can refrigerated biscuits

## METHOD

- 1 Heat oven to 400°F. Cook onion in butter; stir in flour 1 min.
- 2 Whisk in broth and milk until thick. Add chicken, vegetables and thyme.
- 3 Pour into a 9×13; top with biscuits.
- 4 Bake 20–25 min, until biscuits are deep golden and cooked underneath.

LEFTOVERS → Tuesday lunch

WEEK 5 • TUE OCT 27

## Beef + Sweet Potato Chili

*Serves 6 • Big pot • 50 min*

## INGREDIENTS

- 1.5 lb ground beef
- 2 sweet potatoes, diced small
- 2 cans beans
- 28 oz crushed tomatoes
- 2 cups broth
- 1 onion, 2 garlic cloves, chili powder, cumin, paprika

## METHOD

- 1 Brown beef and onion; drain.
- 2 Add sweet potato and everything else.
- 3 Simmer about 40 min until sweet potatoes are soft.
- 4 Serve with avocado or cheddar.

LEFTOVERS → Wednesday lunch

WEEK 5 • WED OCT 28

## Creamy Broccoli Chicken Pasta

*Serves 4-6 • Stovetop • 30 min*

## INGREDIENTS

- 1 lb pasta
- 1.5 lb chicken, bite-size
- 3 cups broccoli florets
- 3 tbsp butter; 3 garlic cloves
- 2 tbsp flour; 2 cups milk
- ¾ cup Parmesan; salt, pepper

## METHOD

- 1 Cook pasta, adding broccoli the last 3 min. Save 1 cup pasta water; drain.
- 2 Cook chicken in 1 tbsp butter to 165°F; remove.
- 3 Melt remaining butter; garlic 30 sec, flour 1 min. Whisk in milk; simmer until thick. Stir in Parmesan.
- 4 Toss with pasta, broccoli and chicken; loosen with pasta water.

LEFTOVERS → Thursday lunch

WEEK 5 • THU OCT 29

## Pantry Salmon Cakes

*8 cakes • Skillet • 30 min*

## INGREDIENTS

- 2 large cans salmon, drained
- 2 eggs
- $\frac{3}{4}$  cup breadcrumbs
- 2 tbsp Greek yogurt
- Lemon juice, dill, garlic powder
- Potato wedges + peas to serve

## METHOD

- 1 Mix salmon, eggs, crumbs, yogurt and seasoning.
- 2 Form 8 patties; chill 10 min if soft.
- 3 Pan-cook in a little olive oil, 4 min per side, until golden and hot through.
- 4 Serve with wedges, peas and lemon-yogurt sauce.

SAVE 2-4 cakes → Friday lunch with salad

WEEK 5 • FRI OCT 30

## Cozy Beef Pot Pie

*Serves 6 • 400°F • 50 min*

## INGREDIENTS

- 1.5 lb ground beef; 1 onion
- 3 carrots; 1 large potato, diced small
- 1 cup peas
- 2 tbsp tomato paste; 3 tbsp flour
- 2 cups beef broth; 1 tsp thyme
- 1 pie crust or biscuits

## METHOD

- 1 Heat oven to 400°F. Brown beef with onion to 160°F; drain.
- 2 Add carrots and potato; cook 5 min. Stir in tomato paste, flour and thyme 1 min.
- 3 Add broth; simmer 10 min until thick. Stir in peas.
- 4 Pour into a deep dish, top with crust, cut vents. Bake 25–30 min until golden.

MAKE AHEAD: filling Thursday night

WHAT COMES NEXT

# October was a gift.

*November is ready when you are.*

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Same rhythm you just lived — the menu, the lists, the prep hour, every dinner with its own recipe — built fresh for November. New meals, new comfort food, no deciding.

FIND NOVEMBER

## MD Rooted & Still on Etsy

Search “Rooted Kitchen November Meal Plan”

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