Oct2019 

| Sun | mon | tue | wed | thu | fri | sat |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | [Slow Cooker Pulled Pork](https://www.dinneratthezoo.com/slow-cooker-pulled-pork/) | [Instant Pot Coq au Vin](https://www.halfbakedharvest.com/healthier-instant-pot-coq-au-vin/) With [Goat Cheese Mashed Potatoes](http://saltsugarspice.com/index.php/2019/05/09/fluffy-goat-cheese-and-chive-mashed-potatoes/) | [Honey Mustard Baked Salmon with green beans](https://www.gimmesomeoven.com/honey-mustard-salmon-in-foil/) | [Chicken and broccoli Rabe Stromboli](https://www.saveur.com/article/recipes/chicken-and-broccoli-rabe-stromboli/) | [Healthy Chewy Apple Granola Bars](https://lovelylittlekitchen.com/healthy-chewy-apple-cinnamon-granola-bars/) |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| x | [Split Pea Soup with Farro Grains](http://saltsugarspice.com/index.php/2019/09/05/instant-pot-split-pea-soup-with-farro-grains/?fbclid=IwAR23oEgsjSInTXDujdgY6FIpxgSivsX70E6X1pvEEgDnSyG0JyJ4IWFHWBk) | [Chicken Tinga Tacos](https://pinchofyum.com/the-best-chicken-tinga-tacos) | [Instant Pot Chili](http://saltsugarspice.com/index.php/2019/05/21/instant-pot-chili-big-flavor-little-effort/) | [Ahi Tuna Poke Bowl](https://www.lemonblossoms.com/blog/ahi-tuna-poke-bowl-citrus-ponzu-creamy-sriracha/) | [Baked pasta with broccoli Rabe and sausage](https://smittenkitchen.com/2013/09/baked-pasta-with-broccoli-rabe-and-sausage/) | [Pumpkin Oat Pancakes](http://saltsugarspice.com/index.php/2019/09/11/pumpkin-oatmeal-pancakes/) |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| x | [Kale Pesto Pasta with Arugula, Tomatoes, and Honey-lemon Ricotta](http://saltsugarspice.com/index.php/2019/05/05/kale-pesto-with-arugula-tomatoes-and-honey-lemon-ricotta/) | [Chicken Noodle Soup](http://saltsugarspice.com/index.php/2019/09/10/the-coziest-chicken-noodle-soup/) | [Mediterranean Sea Bass](https://www.skinnytaste.com/mediterranean-sea-bass/)  | [Instant Pot- Lentil and Vegetable Curry](http://saltsugarspice.com/index.php/2019/09/23/instant-pot-lentil-and-vegetable-curry/) | [Crock Pot Carnitas](https://pinchofyum.com/easy-crockpot-carnitas)  | [Baked French Toast](http://saltsugarspice.com/index.php/2019/08/17/baked-croissant-french-toast-with-cinnamon-brandy-apples/)[With Apples](http://saltsugarspice.com/index.php/2019/08/17/baked-croissant-french-toast-with-cinnamon-brandy-apples/) |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| x | [Spaghetti with Butternut + Walnut Sauce](http://saltsugarspice.com/index.php/2019/09/26/spaghetti-with-roasted-butternut-sauce/)  | [Harvest Roast Chicken with Grapes, Olives and Rosemary](https://www.seriouseats.com/recipes/2012/11/smitten-kitchens-harvest-roast-chicken-with-grapes-olives-shallots.html) | [Tofu Ramen Soup](https://umamigirl.com/easy-vegetarian-ramen/) | [Baked Shrimp Scampi](https://www.foodnetwork.com/recipes/ina-garten/baked-shrimp-scampi-recipe-1944624) | [Chicken Parmesan Ala Caprese Broth](http://saltsugarspice.com/index.php/2019/05/25/chicken-parmesan-ala-caprese/) | [Pumpkin Spice Slow Cooker Oatmeal](https://www.thekitchn.com/recipe-slow-cooker-creamy-pumpkin-spice-oatmeal-250979) |
| 27 | 28 [Pappardelle with Short Rib Ragu- Instant Pot](http://saltsugarspice.com/index.php/2019/09/07/pappardelle-with-short-rib-ragu/)  | 29[Buffalo chicken nuggets](http://saltsugarspice.com/index.php/2019/09/13/buffalo-chicken-nuggets/)  | 30[Stuffed Cabbage Casserole](https://www.skinnytaste.com/kalyns-stuffed-cabbage-casserole/) | 31[Swiss Chard and Potato Soup with Chick peas](http://saltsugarspice.com/index.php/2019/09/18/swiss-chard-and-potato-soup-with-chickpeas/) |  |  |