



# Sassy Slow Cooker Easy Menu Plan

“Spending my days out of the kitchen.”

October 2013

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 <a href="#">Salisbury Steak</a> Mixed Veggies	2 <a href="#">Chicken Alfredo Lasagna</a> Green beans	3 <a href="#">Whole Chicken</a> (Save Stock) Quinoa, Okra	4 <a href="#">Pizza Supreme</a> Salad	5 Leftovers <a href="#">Honey Wheat Bread</a>
6 <a href="#">Breakfast Casserole</a> Fruit Salad	7 <a href="#">Chicken and Dumplings</a> Salad	8 <a href="#">Ground Beef with Veggies</a> Apple Sauce	9 <a href="#">Ham and Lentil Soup</a> Leftover Honey Wheat Bread	10 <a href="#">Southwest Chicken</a> with Cilantro Rice	11 <a href="#">Sloppy Joes</a> French Fries	12 Leftovers <a href="#">Refried beans</a>
13 <a href="#">Honey Baked Ham</a> (save leftover ham) Broccoli	14 <a href="#">Lemon Chicken</a> Carrots	15 <a href="#">Beef Stroganoff</a> Italian Veggies (frozen)	16 <a href="#">Bean Burritos</a> (use leftover beans) Guacamole Salad	17 <a href="#">Country Chicken</a> Carrots and peas	18 <a href="#">Beef Broccoli</a> Brown Rice	19 Leftovers <a href="#">Cherry Dump Cake</a>
20 <a href="#">Swedish Stew</a> Salad	21 <a href="#">Chicken De Provence</a> <a href="#">Pasta</a>	22 <a href="#">French Dip Sandwiches</a> Sweet Potato Fries	23 <a href="#">Baked Potatoes</a> Caesar Salad	24 <a href="#">BBQ Chicken Sandwiches</a> Corn on the Cob	25 <a href="#">Taco Bean Soup</a> Tortilla Chips	26 Leftovers <a href="#">Pumpkin Pie Pudding</a>
27 <a href="#">Overnight Beef Stew</a> Cornbread	28 <a href="#">Pineapple Chicken</a> Rice	29 <a href="#">Cheesy Potato and Ham Casserole</a> (use leftover ham) Green Beans	30 <a href="#">Chicken Tortilla Soup</a> Salad	31 <a href="#">Creamy Cinnamon Pumpkin Soup</a> rolls	<p>If you would like to save more time, try doubling the recipes and freezing leftovers. You can reheat in your microwave or in your slow cooker on low, but just add water.</p>	