

October 2026 Family Dinner Plan

Cozy fall meals for busy nights

Jennifer Overstreet | Monthly Dinner Menu

October 2026 calls for cozy dinners, simple weeknights, and a little pumpkin fun at the end of the month. I've worked in Creamy Butternut Squash Soup with Italian Sausage and Kale, easy crockpot meals, and a Halloween chili so your dinner plan feels steady and seasonal.

Week 1

October 1 - Thursday

Healthy Honey Garlic Chicken (THM E, High Protein & Better Than Takeout) (THM E)

Chicken with sweet honey and savory garlic flavor.

October 2 - Friday

Sheet Pan Butter Garlic Sirloin (THM S)

Garlic-butter sirloin cooked on a sheet pan for a hearty, simple dinner.

Side: High-Protein Mashed Potatoes

October 3 - Saturday

Simple and Delicious Bacon Cheeseburger Soup (THM S)

A creamy soup with the familiar flavors of a bacon cheeseburger.

October 4 - Sunday

High-Protein Mini Meatloaves (THM S)

Individual mini meatloaves make a comforting, family-friendly dinner.

October 5 - Monday

Crockpot BBQ Pulled Pork (THM S)

Slow-cooked pulled pork with barbecue flavor.

October 6 - Tuesday

The Best Taco Texas Trash Chicken (THM S)

A hearty, cheesy chicken bake with taco flavor.

October 7 - Wednesday

Easy & Delicious: THM S Bacon Cheeseburger Skillet (THM S)

Bacon cheeseburger flavors come together in a simple skillet dinner.

Week 2

October 8 - Thursday

Sausage and Kale Stuffed Delicata Squash (THM S)

Delicata squash stuffed with savory sausage and kale.

October 9 - Friday

Hot Honey Chicken Sheet Pan Dinner (THM S)

Sweet and spicy hot honey chicken cooked on a sheet pan.

October 10 - Saturday

Creamy Light Potato Soup (THM E)

A light, creamy potato soup for a comforting bowl of dinner.

October 11 - Sunday

Easy Peruvian Chicken Recipe (THM S)

Savory Peruvian-style chicken for a flavorful family meal.

October 12 - Monday

Simple Crockpot Parmesan Caesar Chicken (THM S)

Chicken slow-cooked with Parmesan and Caesar flavors.

October 13 - Tuesday

Easy and Delicious Low Carb Mexican Pizza (THM S)

A low-carb Mexican pizza for an easy, satisfying dinner.

Side: Lightened-Up Charro Beans

October 14 - Wednesday

Creamy Chicken Sausage with Spinach and Mushrooms (THM S)

Chicken sausage, spinach, and mushrooms in a creamy skillet dinner.

Week 3

October 15 - Thursday

Creamy Chicken Cordon Bleu Skillet | Low Carb & THM S (THM S)

A creamy chicken skillet with classic cordon bleu flavors.

October 16 - Friday

Sheet Pan Bulgogi (THM S)

Bulgogi-style beef cooked on a sheet pan for a savory dinner.

October 17 - Saturday

Creamy Butternut Squash Soup with Italian Sausage and Kale (THM S)

Creamy butternut squash soup with Italian sausage and kale.

October 18 - Sunday

Creamy Chicken Verde Casserole (THM S, Low Carb, Family-Friendly!) (THM S)

A creamy chicken verde casserole for a cozy family dinner.

October 19 - Monday

Crockpot Pepper Steak (THM S)

Hearty pepper steak made in the crockpot.

October 20 - Tuesday

High Protein Elote Chicken Bowl (THM E)

A high-protein chicken bowl with Mexican street-corn flavor.

October 21 - Wednesday

Healthy Bang Bang Chicken (THM S)

Flavorful bang bang chicken with a crisp finish.

Side: Crispy Air Fried Canned Potatoes

Week 4

October 22 - Thursday

Cheesy Broccoli and Rice Casserole: Low Carb and THM S (THM S)

Broccoli and rice come together in a cheesy, comforting casserole.

October 23 - Friday

Crowd Pleasing Sheet Pan Lasagna (THM S)

A hearty lasagna baked on a sheet pan.

October 24 - Saturday

Simple and Delicious Bacon Cheeseburger Soup (THM S)

A creamy soup with the familiar flavors of a bacon cheeseburger.

October 25 - Sunday

High-Protein Mini Meatloaves (THM S)

Individual mini meatloaves make a comforting, family-friendly dinner.

October 26 - Monday

Crockpot Pineapple Asian Pork- Trim Healthy Mama E (THM E)

Pork and pineapple bring sweet and savory flavor to this crockpot dinner.

October 27 - Tuesday

Crispy Queso Beef Chalupas (THM S)

Crisp chalupas with savory beef and creamy queso.

Side: Lightened-Up Charro Beans

October 28 - Wednesday

Easy Oven-Baked Chicken Parmesan (Low-Carb & THM S) (THM S)

A low-carb, oven-baked chicken Parmesan for a comforting dinner.

Week 5

October 29 - Thursday

Creamy Boursin Chicken Bake (THM S)

Chicken baked with creamy Boursin cheese.

October 30 - Friday

Sheet Pan Chicken Shwarma (THM S)

Shawarma-style chicken cooked on a sheet pan.

October 31 - Saturday | Halloween

The Best Pumpkin Chili!! (THM S)

Pumpkin adds fall flavor to this hearty chili. For THM S, use Jennifer's lower-bean variation and meat that isn't lean.

Prep tips

- Look over the crockpot recipes on Sunday so you can plan any thawing or chopping ahead.
- Keep Tuesday toppings simple by preparing shredded lettuce, cheese, or other recipe-friendly extras together.
- Check the sheet-pan recipes before Friday and line up the pans and ingredients you'll need.
- Save the pumpkin chili ingredients for Halloween so the holiday meal stays easy to spot in your plan.

I hope this plan makes October dinner decisions feel a little easier. You'll have dependable weekly themes, seasonal comfort food, and a fitting Halloween meal ready to go.