

Trim Healthy Mama Crocktober Menu

A cozy month of simple, family-friendly meals

Jennifer Overstreet | Monthly Dinner Menu

October 2026 is packed with cozy crockpot dinners that fit busy family nights, from Crockpot Pineapple Asian Pork to hearty soups and chili. I've mixed in simple chicken, beef, and pork meals so the month feels comforting without making every dinner taste the same.

Week 1

October 1 - Thursday

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

Pork and pineapple cook together in a sweet and savory Asian-style sauce.

October 2 - Friday

Crockpot Korean BBQ Beef Bowls (THM S)

Tender beef is coated in a rich Korean barbecue-style sauce and served as a satisfying bowl.

October 3 - Saturday

The Best Crockpot Low Carb Chicken Bacon Ranch Soup (THM S)

Chicken, bacon, and ranch flavors come together in a creamy, comforting soup.

October 4 - Sunday

Easy and Mouthwatering Crockpot Beef Fajitas (THM S)

Beef and peppers cook until tender with the bold seasonings of classic fajitas.

October 5 - Monday

Crockpot Chicken Pot Pie with Cheddar Bay Biscuits (THM S)

Creamy chicken pot pie filling is finished with savory Cheddar Bay-style biscuits.

October 6 - Tuesday

Crockpot Mexican Roast Tacos: Low Carb and Trim Healthy Mama S (THM S)

Seasoned roast cooks until tender enough to pile into tacos with your favorite toppings.

October 7 - Wednesday

Creamy Crockpot Chicken and Mushrooms (THM S)

Chicken and mushrooms simmer in a creamy sauce for a warm, savory dinner.

Side: Mashed veggies and a salad

Week 2

October 8 - Thursday

Easy Crockpot Sweet and Sour Chicken- Trim Healthy Mama E (THM E)

Chicken cooks in a tangy sweet-and-sour sauce for a bright, flavorful meal.

October 9 - Friday

Crockpot BBQ Pulled Pork- Trim Healthy Mama S and Low Carb (THM S)

Pork becomes tender and shreddable in a smoky barbecue sauce.

Side: Crispy Air Fried Canned Potatoes

October 10 - Saturday

Buffalo Chicken Chili- Trim Healthy Mama S or FP (THM S)

Buffalo-seasoned chicken gives this thick chili a creamy, spicy kick.

October 11 - Sunday

Crockpot Chicken Bacon Ranch with Broccoli (THM S)

Chicken, bacon, ranch seasoning, and broccoli make a creamy and savory combination.

October 12 - Monday

Easy and Delicious Crockpot Pepper Steak- Trim Healthy Mama S, Low Carb (THM S)

Tender beef and peppers cook in a savory sauce for a simple pepper steak dinner.

October 13 - Tuesday

Low Carb Crockpot Pork Carnitas (THM S)

These delicious crockpot pork carnitas couldn't be easier.

Side: Spanish cauliflower rice

October 14 - Wednesday

Low Carb Crockpot Mississippi Roast (THM S)

This tangy roast cooks to perfection in your crockpot

Side: Roasted veggies, mashed cauliflower, salad

Week 3

October 15 - Thursday

Simple and Delicious Crockpot Ramen, Trim Healthy E Recipe! (THM E)

Noodles and a flavorful broth make this crockpot ramen warm and satisfying.

October 16 - Friday

Simple Crockpot Parmesan Caesar Chicken- Low Carb and THM S (THM S)

Chicken cooks in a creamy Parmesan Caesar sauce with plenty of savory flavor.

October 17 - Saturday

Amazing Chicken Tortilla Soup- Low Carb, Trim Healthy Mama S (THM S)

Chicken, tomatoes, and Mexican-inspired seasonings create a hearty tortilla soup.

October 18 - Sunday

Easy and Delicious Crockpot Pepper Steak- Trim Healthy Mama S, Low Carb (THM S)

A crockpot version of the classic pepper steak

Side: Cauliflower Rice

October 19 - Monday

The Easiest Crockpot Pizza Bowls Recipe- Trim Healthy Mama S (THM S)

Sausage, sauce, cheese, and pizza seasonings are layered into warm, hearty bowls.

October 20 - Tuesday

Easy Crockpot Birria Tacos- Trim Healthy Mama S (THM S)

Richly seasoned beef cooks until tender and juicy for flavorful birria tacos.

Side: Lightened-Up Charro Beans

October 21 - Wednesday

Easy and Delicious Pizza Soup: Low Carb-Trim Healthy Mama S (THM S)

Tomato, cheese, and savory pizza flavors come together in a creamy soup.

Week 4

October 22 - Thursday

Crockpot Sweet Potato Black Bean Turkey Chili (Healthy and High Protein) (THM E)

Turkey, sweet potatoes, and black beans make a hearty chili with a touch of natural sweetness.

October 23 - Friday

Low Carb Crockpot Philly Cheesesteak (THM S)

An easy Philly cheese steak made in a crockpot.

Side: Salad, roasted veggies

October 24 - Saturday

Easy Crockpot Low Carb- THM S- Ragu Recipe (THM S)

This beef ragu is so good and easy to make. Serve with desired noodles.

Side: Salad

October 25 - Sunday

Crockpot Chicken Pot Pie with Cheddar Bay Biscuits (THM S)

Creamy chicken pot pie filling pairs with tender Cheddar Bay-style biscuits.

October 26 - Monday

Tender and Effortless Lemon Garlic Butter Chicken, Crockpot and THM S Recipe (THM S)

Chicken cooks in a buttery sauce flavored with fresh-tasting lemon and savory garlic.

Side: Crispy Air Fried Canned Potatoes

October 27 - Tuesday

Easy Crockpot Salsa Verde Beef (THM S)

Tender chuck roast cooks slowly with salsa verde, fire-roasted green chiles, and warm seasonings for an easy shredded beef that works in tacos, bowls, wraps, and more.

October 28 - Wednesday

Crockpot Coconut Curry Chicken- Easy Trim Healthy Mama Recipe (THM S)

Chicken simmers in a creamy coconut curry sauce with warm, savory spices.

Week 5

October 29 - Thursday

Crockpot Ranch Pork Chops with Creamy Mushroom Gravy- THM S (No Packet Needed) (THM S)

Pork chops cook until tender beneath a creamy mushroom and ranch gravy.

Side: High-Protein Mashed Potatoes

October 30 - Friday

Crockpot Balsamic Pork Loin Filet (THM S)

This balsamic pork cooks until it is tender.

Side: Asparagus, roasted mushrooms, salad

October 31 - Saturday | Halloween

The Best Pumpkin Chili!! (THM E)

Pumpkin adds smooth texture and gentle sweetness to a warmly seasoned, hearty chili.

Prep tips

- I'd check the week ahead and move any frozen meat to the refrigerator before it's needed.
- Chop onions, peppers, and taco toppings together so they're ready for several meals.
- Keep shredded cheese, sour cream, and simple salad ingredients handy for quick finishing touches.
- Label any prepped ingredients with the meal name and date to make busy evenings easier.

I hope this plan makes October dinners feel a little calmer. A quick look ahead each weekend will help the whole month run smoothly.