

# Real Food Meal Plan October

<a href="#">Mexican Pork and Sweet Potato Stew from Woman's Day</a>	<a href="#">Slow-Cooker Soy-Glazed Chicken With Stir-Fried Vegetables from Real Simple</a> crockpot	<a href="#">Southwestern Sweet Potato Shepherd's Pie from Cinnamon-Spice &amp; Everything Nice</a>	<a href="#">Squash Enchilada Casserole from Better Home and Gardens</a> crock pot	<a href="#">Stacked Roasted Vegetable Enchiladas from two Peas and Their Pod</a>	<a href="#">Sweet Potato and Black Bean Empanadas from Cooking Light</a>	<a href="#">Vegetable Polenta Casserole from Budget Bytes</a>
<a href="#">Turkey &amp; Leek Shepherd's Pie from Eating Well</a>	<a href="#">Chicken Pot Pie with Crumble Topping from Your Homebased Mom</a>	<a href="#">Creamy, Light Macaroni and Cheese from Cooking Light</a>	<a href="#">Fiesta Turkey Tortilla Soup Recipe from Taste of Home</a>	<a href="#">Middle Eastern Lentil and Rice Soup from Oh My Veggies</a>	<a href="#">Pumpkin Black Bean Tamale Bake from Once a Month Meals</a>	<a href="#">Roasted Butternut Squash and Mushroom Calzones from My Kitchen Addiction</a>