

# Meal Plan

## Meal Plan 21

Crock Pot Picadillo with  
Cabbage Slaw & Brown Rice  
(Skinny Taste)

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Prosciutto Roasted Bass with Autumn Vegetables  
(Ina Garten)

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Comforting Beef Stew with Crusty White Bread Loaf  
(The Anchored Kitchen)

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Buffalo Chicken Salads  
(Double the recipe, the doubled ingredients are in the grocery list)  
(The Pioneer Woman)

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Leftover Picadillo Stuffed Peppers with Brown Rice  
(Using the meat from Crock Pot Picadillo from Skinny Taste)

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Oven Baked Buttermilk Chicken Strips with Alexia  
Frozen French Fries  
(Wistful Chef)

[Printable Grocery List](#)