

Welcome Home


CLUB BMG
RECIPES • IDEAS • REAL LIFE

THE CLUB BMG MAGAZINE

OCTOBER 2026

Real Life. Real Connection.
Real Good.

Make a Memory THIS FALL

Simple ideas for
outdoor adventures,
cozy days at home
and little moments
that matter most.



Cook Once, Eat Twice

Two delicious
fall dinners from
one simple
ingredient!

Shop YOUR CLOSET!

Fresh Fall Looks
Without Spending
a Dime



Paint It, Don't Carve It!

Beautiful pumpkins
for every age
(and every
skill level!)

DIY Yard Silhouettes

Make the decorations.
Make a mess. Make a memory.

BONUS DOWNLOADS

- ♥ Fall Coloring Book
- ♥ Pumpkin Carving Stencils

RECIPES ♥ DIY PROJECTS ♥ SEASONAL IDEAS ♥ FAMILY FUN ♥ AND MORE!

FROM LISSA

Hello, Club BMG! Welcome to October!

We are firmly in the grips of fall here in Virginia! While the temperatures are still trying to wildly fluctuate - as only Virginia seems able to do - for the most part, we're welcoming cooler days and crisp nights. The sun is setting earlier, leaves are beginning to float to the ground and, honestly, it's delightful.

October brings a lot of fun change - and not just to the leaves. It's the perfect opportunity to spend a little extra time together, both outdoors and in.

This month, we're shopping our closets instead of automatically buying more. We're making goofy ghosts with little handprints and painting pumpkins that don't have to be perfect. We're taking walks, cooking once to make tomorrow's dinner easier, and finding simple reasons to gather.

And if Halloween is part of your October fun, we've got some hauntingly ghoulish recipes to bring to your table, too!

Mostly, though, I hope this issue reminds you that making memories doesn't have to be complicated - or perfect. Sometimes the best ones happen when we simply make time to be together.

So, welcome home.

Let's make the decorations. Make the food.

Make the mess. Make the memories. ♥

Lissa



Gather • Cook • Nest • Create

GATHER

Make a Memory This Fall

Small adventures, cozy traditions and simple ways to keep the moments that matter.



COOK

Cook Once, Eat Twice

Two smart dinner pairings built around one prep step and less work tomorrow.



NEST

Shop Your Closet

Fall-ify what you already own, then wash, fix, edit and store the rest.



CREATE

DIY Fall Fun

Painted pumpkins, spooky silhouettes, baby ghosties and printable bonuses.



Pull up a chair. There's room for you here.

Make a Memory This Fall

You don't need a perfect plan. You just need time together.

Fall practically begs us to slow down and do something together. And the memories your family keeps probably won't come from the most elaborate outing - they'll come from the funny little moments that happen along the way.

GET OUTSIDE

Pick apples. Wander a pumpkin patch. Get completely turned around in a corn maze. Take a walk just to look at the leaves - and let everyone choose one favorite to bring home.



GET COZY

Build a backyard bonfire and experiment with ridiculous s'mores. Spread out blankets for a movie. Spend a rainy afternoon baking something that makes the whole house smell like fall.



LITTLE EXPLORERS

Loosely wrap wide tape around a child's wrist with the sticky side OUT, leaving enough room to slide a finger underneath. With adult supervision, let them collect fallen leaves and tiny nature treasures. Suddenly it's not just a walk - it's a treasure hunt! ♥



KEEP ONE LITTLE PIECE

After each fall adventure, write down one funny thing somebody said, one thing that surprised you, or one moment you don't want to forget. Add a picture if you have one. By Thanksgiving, you'll have the story of your family's fall.

Don't measure fall by boxes checked. Measure it by moments you want to remember.

A Little More Fall Fun

FALL COLORING BOOK

Ten pages of fall fun for the littles: pumpkins, leaves, friendly animals, a scarecrow and simple cut-and-build activities.

DOWNLOAD BONUS:

[Fall Coloring Pages](#)



Pumpkin Carving Stencils



PUMPKIN CARVING STENCILS

A printable collection of carving designs for pumpkin night - from silly faces to bats, cats and spooky scenes.

DOWNLOAD BONUS:

[Pumpkin Carving Stencils](#)

PUMPKIN NIGHT!

Let younger children paint or decorate their pumpkins while bigger kids and grown-ups carve theirs. The goal isn't the Pinterest-perfect pumpkin. The crooked smile somebody carved themselves may be the one you remember.

Make it together. Take a picture. Keep the story.

Cook Once, Eat Twice

ONE INGREDIENT • TWO DINNERS • LESS WORK



This month's Cook Once, Eat Twice brings some real kitchen magic. Delicious comfort food reimagined and, in our opinion, upgraded!

You'll have to let us know what you think!



Big Batch Chili



Mom's Best Spaghetti Sauce



Magic Pot Roast Chicken



Deconstructed Chicken Pot Pie

For more inspiration, check out [October's Meal Plan](#) just for Club BMG members!



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ONE INGREDIENT
TWO DINNERS
LESS WORK

October 2026



Big Batch Chili

Yield: 4 servings + beef for tomorrow

Prep Time: 15 minutes Cook Time: 1 hr 10 mins

Ingredients

3 lbs ground meat — I use
half ground beef, half ground
pork
2 onions, diced
4 cloves garlic, minced
2½ Tbsp chili powder, or to taste
1 tsp cumin
1 green bell pepper, seeded and
diced
1 (14.5 oz) can crushed tomatoes

1 (14.5 oz) can diced tomatoes, with
juices
1 (19 oz) can red kidney beans,
drained and rinsed
1½ cups beef broth
1 Tbsp tomato paste
1 Tbsp brown sugar (optional)
Salt and black pepper, to taste

Toppings: cheddar cheese, green
onions, sour cream — whatever you
love

Directions:

1. Brown the ground meat with the onion and garlic. Drain, then divide in half — save half of the beef mixture for tomorrow's spaghetti sauce.
2. Return the remaining half to the pot and add everything else except the toppings. Bring to a boil.
3. Reduce heat and simmer uncovered 45–60 minutes, until it's as thick as you like.
4. Serve topped with cheddar, green onions, sour cream, and a side of cornbread.

Lissa's tip: Don't skip the brown sugar if your tomatoes run acidic — a spoonful rounds out the whole pot without making it sweet.



5 QT BRILLIANCE NON STICK SAUTE PAN

This 5-qt. saute pan has high walls, so it's perfect for one-pot meals and skillet dinners for the whole family. High-quality nonstick coatings, which helps food slide right out and makes cleanup a breeze.



SMOOTH EDGED CAN OPENER

Cuts along the side of the can, below the edge of the lid, eliminating sharp edges for a safer, smoother experience.



Mom's Best Spaghetti Sauce

Yield: 4 servings

Prep Time: 10 minutes Cook Time: 30 minutes

Ingredients

- 1½ lbs cooked ground beef (reserved from yesterday's chili batch)
- 1 (15 oz) can tomato sauce
- 1 (6 oz) can tomato paste
- ½ tsp Italian seasoning
- 1 Tbsp dried parsley flakes

- 1 Tbsp Worcestershire sauce
- 1 Tbsp granulated sugar
- 1 cup water
- Salt and freshly ground black pepper, to taste
- Dried basil to taste, or ¼ cup chopped fresh basil (optional)
- 3 Tbsp butter, for tossing the pasta
- Spaghetti noodles, for serving

Directions:

1. In a large skillet, combine the beef, tomato sauce, tomato paste, Italian seasoning, parsley, Worcestershire, and sugar. Stir well and bring to a boil.
2. Add the water, stir well, then reduce heat and simmer 30 minutes.
3. Meanwhile, cook the spaghetti according to package directions. Drain and toss with the butter.
4. Stir basil into the sauce if using, and serve over the pasta.

Lissa's tip: Tossing the hot pasta with butter before saucing keeps every strand silky and helps the sauce cling.



8-QT. STAINLESS STEEL STOCK POT

The perfect vessel for preparing hearty soups, stews, pastas, and sauces. Made with tri-ply stainless steel construction, free of coating, so it delivers steady, even heat and ensures impeccable searing, sautéing, and simmering.



2.5-QT. STAINLESS STEEL COLANDER

This Stainless Steel Colander is durable enough to rinse even heavy ingredients and resists rusting. The small size is perfect for rinsing and draining smaller servings and ingredients.

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TWO DINNERS
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Magic Pot Roast Chicken

Yield: 4 servings + chicken for tomorrow

⌚ Prep Time: 10 minutes ⌚ Cook Time: 1 ¼ hrs or 30 minutes.

Ingredients

1 tbsp + 2 tsp olive oil, divided or ½ stick of butter, softened
1 tbsp all-purpose flour
½ tsp garlic powder
½ tsp onion powder
½ tsp paprika
½ tsp salt
¼ tsp coarsely ground black pepper
¼ tsp dried thyme leaves
Lemon and sweet onion wedges
1 whole chicken, giblets removed (approximately 5 lbs.)

Directions:

1. Preheat the oven to 400°F. Combine 1 tbsp oil, flour, garlic powder, paprika, salt, black pepper, and thyme in a small bowl and mix well. For the chicken, tie the ends of the legs together with cotton string. Lift the wing tips up toward the neck, then tuck them under the back of the chicken.
2. Brush the Deep Covered Baker with the remaining oil. Place the lemon and onion wedges in the baker. Brush the outside of the chicken with the seasoning mixture. Place the chicken, breast side up, in the baker. Roast uncovered, for 70-75 minutes or until a thermometer registers 165° F in the thickest part of the breast and juices run clear when punctured with a fork. Remove the baker from the oven and let the chicken stand for 10 minutes before carving.

Alternative Cooking Directions:

1. Combine 1 tbsp of butter, melted, flour, garlic powder, paprika, salt, black pepper and thyme in a small bowl. Combine well. Tie the ends of the legs together using kitchen twine. Tuck the wings under the chicken.
2. Spritz the inside of the baker with oil.
3. Using gloved hands, massage remaining softened butter onto the chicken. Place lemon and onion wedges in the chicken's cavity.
4. Brush the chicken with the seasoning mixture. Place into the Deep Covered Baker skin side up.
5. Place in Microwave and cook 20 minutes. The temperature should read 165° F and juices run clear.
6. Remove from Microwave and allow to stand 10 minutes before carving. Serve with veggies of your choice.
7. A 5-pound chicken will yield about 3 ½ - 4 cups of cooked meat. Set aside 1½ cups of meat for tomorrow's dinner!



Deconstructed Chicken Pot Pie

Yield: 6 individual servings

⌚ Prep Time: 20 minutes ⌚ Cook Time: 15-20 minutes

Ingredients

1 sheet frozen puff pastry, thawed
1 large egg whisked with a splash of water (egg wash)
3 Tbsp butter
About 1 ½ cups shredded leftover chicken
½ cup finely diced onion
½ cup diced carrots

½ cup diced celery
Salt and black pepper
½ tsp fresh thyme or rosemary
4 Tbsp all-purpose flour
2½ cups low-sodium chicken stock
½ cup half-and-half
½ cup frozen peas

Directions:

1. Preheat oven to 425°F. Roll out the puff pastry, cut into 6 squares, and press one into each cup of a large 6-cup muffin pan. Poke a few holes in the bottoms with a fork and brush with egg wash.
2. Bake 10 minutes, until golden and puffed.
3. While the pastry bakes, melt the butter in a large skillet over medium-high heat. Add the onion, carrots, celery, salt, and pepper; cook about 7 minutes until softened. Stir in the chicken and cook 2 minutes more.
4. Sprinkle the flour over everything, stir well, and cook 2 minutes.
5. Slowly pour in the chicken stock and half-and-half, stirring constantly. Add the peas and herbs; simmer a few minutes until thick and creamy.
6. Spoon the warm filling into the baked pastry cups and serve — individual pot pies, straight from the pan!

Lissa's tip: Fill the cups just before serving so every bite stays crisp. For leftovers, store the filling and pastry cups separately and rewarm the filling on the stove.



Deep Covered Baker

This versatile stoneware baker with a lid is designed for everyday ease, whether you're cooking moist roasts, braises, and one-dish meals in the oven or microwave.



Veggie Wedger

You'll get six identically sized fruit or veggie wedges with just one quick motion.

Our wedger has serrated stainless blades that easily glide through fruits and veggies like potatoes (except sweet potatoes), onions, and citrus.



5-qt. Brilliance Nonstick Saute Pan

This 5-qt. saute pan has high walls, so it's perfect for one-pot meals and skillet dinners for the whole family. High-quality nonstick coatings, which helps food slide right out and makes cleanup a breeze.



Large Muffin Pan

From supersized muffins to stuffed peppers, pot pies to miniature ice cream cakes, you can make a wide variety of sweet and savory favorites in our Large Muffin Pan. Each well is 4" across and has a 1½-cup capacity.

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SHOP YOUR CLOSET!

Fall style may already be hanging in there.

That first cool morning doesn't mean your summer wardrobe has to disappear. Before packing everything away, take another look at what you already own. A few simple swaps can carry many favorite pieces well into fall.

CHANGE THE COLORS

Pair lighter basics with chocolate brown, olive, burgundy, rust, camel or navy. That white tee? Keep it out - add dark denim, a brown belt and a cardigan.

START AT YOUR FEET

Trade flip-flops and summery sandals for loafers, ballet flats, mules or ankle boots. Even a summer dress feels different with boots.

LAYER, LAYER, LAYER

Add a denim jacket, cardigan, blazer or utility jacket. Try a thin long-sleeved tee or turtleneck underneath a favorite dress.

ADD TEXTURE

Mix summer cottons with denim, fine knits, suede or leather. A brown belt, scarf or warmer-toned handbag can make an outfit feel like fall.



Before You Pack Away the Rest...

WASH IT • FIX IT • EDIT IT • STORE IT



WASH IT

Clean everything before storage. Invisible stains can darken over time, and clothes should be completely dry before they're packed away.

FIX IT

Replace the missing button, repair the loose hem and deal with little problems now. Future You will be delighted.



EDIT IT

If you didn't wear it all season, ask why. Donate what no longer fits your body, life or style instead of storing it for another year.



STORE IT

Use clean, dry containers or breathable storage appropriate for the fabric. Keep items away from damp areas and add cedar where useful.



Take care of what you love. Let go of what you don't. Make room for the season you're in.

Paint It. Don't Carve It!

Halloween fun that can stick around for Thanksgiving.



THE DIPPED PUMPKIN

Clean the pumpkin, tape off your line, then dip into acrylic craft paint. For ombré, start with the lightest shade and dip progressively less of the pumpkin into darker colors.



POUR-PAINTED PUMPKINS

For reusable craft pumpkins, start with white chalk paint. Pour 4-5 colors of child-friendly tempera over the top while each layer is wet. Too many colors = mud! ■

LITTLE HANDS WELCOME

Put small amounts of paint into bathroom-size paper cups and let the littles choose and pour their own colors. Add gold, copper or deep-green glitter while wet for a little extra fall sparkle.



CREATE

DIY Yard Silhouettes

A little plywood + a little imagination = Halloween magic!



1. DRAW IT - Trace or project your design onto exterior plywood.
2. CUT IT - Carefully cut the outline with a jigsaw or rotary tool.
3. SMOOTH IT - Sand rough edges and lightly sand the surface.
4. PAINT IT - Prime, then add two coats of exterior paint, including the edges.
5. STAKE IT - Secure the silhouette to supports or brackets and anchor it firmly in the ground.

Let everyone design one character and create a whole scene together.

Make the decorations. Make a mess. Make a memory.

BONUS IDEA

Even the Littlest Ghosties Can Help!

BABY GHOSTIES

Don't leave the littles out! Children under 5 can help dream up your spooky scene - and with grown-up supervision, they can even help sand and paint.

Make a large Momma and/or Daddy Ghost from plywood. Let each little one dip a hand in glow-in-the-dark paint and add an upside-down handprint along the bottom.

Once dry, outline each handprint with a black permanent marker and add tiny eyes and a mouth.

Voilà - Baby Ghosties!

Add each child's name and the year to the back before you put it away. Because next Halloween, those little hands will already be bigger. ♥



Don't just decorate the house.
Make something you'll remember making together.

A LITTLE EXTRA

Something Boo-Licious Is Coming...

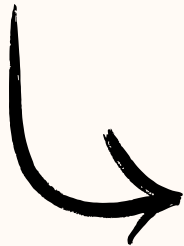
If Halloween is part of your October fun, we're dusting off a Lissa favorite: the Boo-Licious Halloween Recipe Collection. The original collection is getting a 2026 Club BMG glow-up with recipes, Little Hands Welcome ideas, Make It Yours tips, Make a Memory prompts - and a new little box called "Lissa Uses."

BOO-LICIOUS!

Food • Fun • Family

Spooky food. Silly fun. Memories worth making.

**CLICK HERE
TO DOWNLOAD
YOUR COPY!**



Until next month...

WELCOME HOME.

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Did you make one of this month's
recipes, try a project,
or create a memory with your
family? I'd love to hear about it.



ClubBMG.net

Pull up a chair. There's room for you here.