

All [underlined text](#) in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

thenourishinghome Aug 30-sept 5 GF whole food meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Grilled Fish with Peach-Mango Salsa Grilled Asparagus Cauli-Rice or Cilantro Rice Mesclun Greens Salad with Avocado & Cucumber	Chicken Fajitas with Guacamole and Pico de Gallo Leftover Cauli-Rice or Cilantro Rice GF Tortillas	Skillet Lasagna with Zucchini Ribbons Mesclun Greens Salad with Avocado and Cucumber	Pizza Quiche with Mesclun Salad with Avocado and Cucumber	Veggie Stir Fry with Leftover Grilled Chicken	Orange Chicken with Cauli Rice or Basmati Rice Steamed Broccoli	Steak Cobb Salad with Almond Flour Biscuits
Daily Prep	Make extra rice for tomorrow's dinner	Grilled double the chicken for Thurs' dinner					

DELICIOUS GF BREAKFAST AND LUNCH IDEAS

Below are some healthy gluten-free options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

GF Breakfast Ideas:

- [Peach Cobbler Muffins](#) with boiled eggs
- [Huevos Rancheros](#) with fresh berries
- [Banana Breakfast Bars](#) with boiled eggs
- [Orange Carrot Ginger Muffins](#) with boiled eggs

GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Greek Salad Wraps](#) with sliced fruit
- [BLT Salad](#)