

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

The Nourishing Home Dec 13-19 Whole Food GF Meal Plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Southwestern Chicken Burgers and Sweet Potato Fries	Slow Cooker Tangy Beef with Mashed Potatoes and Steamed Broccoli	Grilled Balsamic Chicken , Leftover Mashed Potatoes Grilled Asparagus	Zoodle Primavera with Leftover Grilled Balsamic Chicken	Chicken Fajita Bowls with Seasoned Cauliflower Rice or Basmati Rice	Grilled Halibut with Avocado-Mango Salsa w/Leftover Seasoned Cauliflower Rice or Basmati Rice	Cream of Broccoli Soup topped with Leftover Slow Cooker Tangy Beef Garden Salad
Daily Prep		Make extra potatoes for Tues' Save extra beef for Sat's' dinner	Grill extra chicken for Wed's dinner		Make extra cauli-rice or basmati rice for Fri's dinner		

Delicious GF Breakfast and Lunch Ideas

Below are some healthy GF 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:

- [Veggie Egg Scramble](#) top with avocado slices
- [Turkey Sausage Patties](#) with eggs over easy & fruit
- [Cinnamon Apple Porridge](#) with boiled eggs & bacon
- [Smoky Sweet Potato Hash](#) with sliced fruit

GF Lunch Ideas:

- [Carrot Ginger Soup](#) with a side salad
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens salad
- [Spinach Potato Pancakes](#) with garden salad