

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 6-12 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Slow Cooker Roast Chicken Mashed Potatoes Lemon-Garlic Green Beans	Turkey & Veggie Taco Lettuce Cups w/fresh salsa and guacamole Cilantro Rice (or Cauli Rice)	Turkey-Veggie Chili Garden Salad Cornbread (or grain-free "corn"bread)	Breakfast Tostada with pico de gallo, sliced avocado and Honey-Lime Fruit Salad	Leftover Turkey-Veggie Chili Garden Salad	Mexican-Style Casserole with Leftover Cilantro Rice Garden Salad	Pork Tenderloin Medallions with Golden Applesauce and Leftover Mashed Potatoes
Daily Prep	Save leftover chicken for Fri's dinner; make extra potatoes & save for Sat's dinner	Use ground turkey instead and brown extra for Tues' dinner Save leftover rice for Friday	Save leftover chili for Thursday'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:

- [Bacon & Egg Biscuits](#) with sliced fruit
- [Morning Glory Muffins](#) with eggs over easy and bacon
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Fruit & Yogurt Parfait](#) with boiled eggs

GF Lunch Ideas:

- [Carrot-Ginger Soup](#) with garden salad
- [Healthy Lunch Wraps](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Carrot Cheddar Sandwiches](#) with sliced fruit