

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 February 16-29 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>Cilantro Lime Chicken</u></a> (pan sear or grill) with Veggies and Basmati Rice	<a href="#"><u>Slow Cooker Apple Cider Pulled Pork</u></a> with Mashed Sweet Potatoes & <a href="#"><u>Green Beans</u></a>	<a href="#"><u>Grilled Chicken Mexican Salad Bowls</u></a> with <a href="#"><u>Baked Potatoes</u></a>	<a href="#"><u>BBQ Pork Sliders</u></a> (use leftover <a href="#"><u>Pulled Pork</u></a> ) with <a href="#"><u>Roasted Sweet Potato Bites</u></a>	<a href="#"><u>Easy &amp; Tasty Breakfast Hash</u></a> (use leftover pulled pork and roasted sweet potato bites for a quick meal!) <a href="#"><u>Almond Flour Biscuits</u></a>	<b>Leftover Pulled Pork Mango Bowls</b> (Add leftover rice to bowls, top with leftover <a href="#"><u>Pulled Pork</u></a> and veggies, plus diced mango & avocado. Yum!)	<a href="#"><u>Roasted Chicken Chili</u></a> (use leftover cilantro lime chicken) serve with Cornbread
<b>To get 3 meals:</b> Make & freeze extra chix for Tues & Sat. Make extra rice for Fri.	<b>To get 4 meals:</b> Make double batch and save for Wed's, Thurs' & Fri's dinners		Make extra sweet potato bites for Thurs' dinner			<b>Weekend Treat!</b> Try our favorite <a href="#"><u>Cinnamon Crumb Coffee Cake</u></a>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>Easy Beef &amp; Broccoli Bowls</u></a> with <a href="#"><u>Cauli Rice</u></a> or Basmati Rice	<a href="#"><u>Chicken Verde Lettuce Wraps</u></a> with <a href="#"><u>Cilantro Rice</u></a>	<a href="#"><u>Savory Sausage &amp; White Bean Soup</u></a> Garden Salad with Avocado, Cucumber and Tomatoes	<a href="#"><u>Slow Cooker Sweet &amp; Spicy Chicken</u></a> top with Steamed Broccoli serve over leftover Basmati Rice	Leftover Chicken Verde served over <a href="#"><u>Butternut Squash Pasta</u></a> (or serve over leftover rice from Tues' dinner) with Garden Salad	<a href="#"><u>Veggie &amp; Beef Stir Fry</u></a> (simply add leftover beef from Sunday at end of cook time)	<a href="#"><u>Rustic Veggie Soup</u></a> (Add leftover frozen sausage at end of cook time to warm thru) and leftover <a href="#"><u>Almond Flour Biscuits</u></a>
<b>To get 2 meals:</b> Make extra beef & freeze for use in Fri's dinner; make extra rice	<b>To get 2 meals:</b> Make extra chicken for Thurs' dinner	<b>To get 2 meals:</b> Sauté extra sausage for use in Sat's dinner				
Delicious Gluten-Free Breakfast and Lunch Ideas						
<b>GF Breakfast Ideas:</b> <ul style="list-style-type: none"> <li><a href="#"><u>Turkey Sausage Patties</u></a> with scrambled eggs and fruit</li> <li><a href="#"><u>Blueberry Muffins</u></a> with eggs over easy and bacon</li> <li><a href="#"><u>Southwestern Breakfast Casserole</u></a> with sliced fruit</li> </ul>			<b>GF Lunch Ideas:</b> <ul style="list-style-type: none"> <li><a href="#"><u>5-Minute Salmon Salad</u></a> in <a href="#"><u>Green Wraps</u></a></li> <li><a href="#"><u>Tomato-Basil Cheese Pie</u></a> with mesclun greens</li> <li><a href="#"><u>Cauli-Pizza Bites</u></a> with salad</li> </ul>			