

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 Feb 18-Mar 3 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
BBQ Spice Chicken with Roasted Potatoes & Carrots and Sautéed Greens	Pan Seared Balsamic Chicken with Pesto Zoodles Garden Salad (or use GF pasta)	Slow Cooker Sweet Potato Chili with Sliced Avocados Mixed Greens Salad	Veggie Stir Fry with Leftover Balsamic Chicken (or precooked GF rice noodles)	One-Skillet Asian Style Lettuce Wraps with Fresh Fruit and Leftover Sweet Potato Bites	Citrus Salmon & Asparagus Pouches with Cauli-Rice or Basmati Rice	Leftover Slow Cooker Sweet Potato Chili with Sliced Avocados Garden Salad
	Make extra chicken and save for Wed	Save extra chili for Sat's dinner				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Chicken Verde Lettuce Wraps with Cilantro Rice or Seasoned Cauli-Rice	Slow Cooker Italian Beef & Chard Ragu with Zoodles (or GF egg noodles) Garden Salad	Grilled Pineapple Chicken with leftover Cilantro Rice or Cauli-Rice and Cinnamon Plantains	Leftover Chicken Verde served over Butternut Squash Pasta Garden Salad Italian Dressing	Leftover Beef Ragu Soup Mixed Greens Salad Italian Dressing	Cobb Salad (save time by using leftover grilled chicken) with Slow Cooker Baked Potatoes	One Skillet Turkey Joes with Healthier Oven Baked Fries
Double recipe; reserve half of the chicken for Wed's dinner	Make enough Beef Ragu for making soup on Thursday	Grill extra chicken for Fri Make extra plantains for breakfast				
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • Veggie Scramble and leftover Cinnamon Plantains • Blueberry Muffins with eggs over easy and bacon • Fruit & Yogurt Parfait with boiled eggs • Turkey Sausage Patties with eggs over easy and fruit 			GF Lunch Ideas: <ul style="list-style-type: none"> • Egg Roll in a Bowl • Pineapple Chicken Salad on a bed of mesclun greens • Turkey BLT Roll-Ups with sliced fruit • Tomato-Basil Cheese Pie with mesclun greens 			