















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 Wks 3-4 GF Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p>	<p>Easy Beef & Broccoli Bowls and Cilantro Rice</p>	<p>Slow Cooker Sweet Potato Chili serve with Almond Flour Biscuits</p>	<p>Sloppy Turkey Joes and Roasted Sweet Potato Bites</p>	<p>Meatball Subs (top subrolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	<p>Veggie & Beef Stir Fry (simply add leftover beef from Monday at end of cook time)</p>	<p>Chili-Topped Slow Cooker Baked Potatoes (use leftover chili to top potatoes; add additional toppings such as shredded cheese) with Garden Salad</p>
<p>To get 2 meals: Save extra sauce and meatballs for use in Thurs' dinner</p>	<p>To get 2 meals: Make extra beef for use in Fri's dinner</p>	<p>To get 2 meals: Brown extra meat for Wed's dinner and make extra chili for Saturday</p>				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes and Homemade Coleslaw</p>	<p>Grilled Herb Turkey Breasts (or cook on skillet) with Roasted Sweet Potato Bites and Green Beans</p>	<p>Easy Pepper Steak with Basmati Rice</p>	<p>Pulled Pork Mango Bowls (Add leftover Pulled Pork and plantains to bowls; top with mango salsa & avocado)</p>	<p>Leftover Pepper Steak Sandwiches (if preferred, use subrolls) with Garden Salad</p>	<p>Harvest Turkey Salad (use leftover turkey & sweet potato bites from Monday's dinner)</p>	<p>Pulled Pork Tacos (use leftover pulled pork) with Leftover Cilantro Rice</p>
<p>To get 3 meals: Make double batch and save for Wed & Sat</p>	<p>To get 2 meals: Make extra turkey & extra sweet potato bites for Friday</p>	<p>To get 2 meals: Sauté extra steak & peppers for use in Thurs' dinner</p>				

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Sweet Potato Toasts](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

GF Lunch Ideas:

- [Turkey Salad Boats](#) with fresh fruit (use leftover turkey)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- Leftover [Slow Cooker Baked Potato](#) with salad