

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 January 2-15 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes and Homemade Coleslaw</p> <p>To get 3 meals: Make double batch and save for Tues & Fri; make extra slaw</p>	 <p>Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes</p> <p>To get 2 meals: Make extra steak for Wed's dinner; grill extra veggies for Fri's dinner</p>	 <p>BBQ Pork Sliders (use leftover Pulled Pork) with leftover Homemade Coleslaw</p>	 <p>Sweet & Spicy Steak Wraps with Cilantro Rice (make extra rice for Fri & Sat)</p> <p>Recipe Note: Heat sauce in saucepan; add leftover grilled steak; toss to warm through.</p>	 <p><i>Featured Recipe:</i> Chicken Verde Lettuce Wraps with Cilantro Rice</p> <p>To get 2 meals: Make extra chicken for Sat's dinner</p>	 <p>Pulled Pork Mango Bowls (Add leftover Pulled Pork and plantains to bowls; top with mango salsa & avocado)</p>	 <p>New Favorite! Salsa Verde Chicken Soup (use leftover slow cooker chicken verde – just add to soup at end of cooktime) with Almond Flour Biscuits</p> <p>Weekend Treat! Try our favorite Almost Oatmeal Cookies</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Roasted Lemon Spatchcock Chicken with Mashed Potatoes and Mesclun Greens Salad</p> <p>To get 3 meals: Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones</p>	 <p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p> <p>To get 2 meals: Save extra sauce and meatballs for use in Fri's dinner</p>	 <p>Tropical Chicken Lettuce Wraps (use leftover roast chicken) with Cilantro Rice</p> <p>Make extra rice for Thursday</p>	 <p>Pork Tenderloin with Avocado Sauce with Mashed Potatoes and Green Beans</p> <p>To get 2 meals: Make extra pork for Sat's dinner</p>	 <p>"Next-Over" Chicken Tacos (use leftover roast chicken) and leftover Cilantro Rice</p>	 <p>Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	 <p>Rustic Veggie Soup (Add leftover diced pork at end of cook time to warm through) and Almond Flour Biscuits</p> <p>Make extra biscuits & save for breakfast</p>

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Egg & Sausage Biscuits](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- Leftover [Slow Cooker Baked Potato](#) with salad
- [Avocado Egg Salad](#) on a bed of mesclun greens