

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 July 12-18 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><a href="#">Grilled Pineapple Chicken</a> with <a href="#">Pineapple Salsa</a> with <a href="#">Baja-Style Cilantro Rice</a></p>	<p><a href="#">Grilled Beef Fajitas</a> with leftover <a href="#">Baja-Style Cilantro Rice</a></p>	<p><a href="#">Veggie "Pasta"</a> (if grain-free, use <a href="#">zoodles</a>) topped with <a href="#">Grilled Herb Chicken</a> Mesclun Salad with <a href="#">Healthy Ranch Dressing</a></p>	<p><a href="#">Grilled Shrimp Kebobs</a> served over <a href="#">Saffron Rice</a> and Garden Salad with <a href="#">Balsamic Vinaigrette</a></p>	<p><a href="#">Strawberry-Feta Salad</a> with leftover Grilled Herb Chicken <a href="#">Crockpot Baked Potatoes</a></p>	<p><a href="#">Southwestern Chicken Burgers</a> with <a href="#">Sweet Potato Bites</a></p>	<p><a href="#">Foolproof BBQ Chicken</a> with leftover <a href="#">Sweet Potato Bites</a> Dessert: <a href="#">Grilled Tropical Fruit</a> with Ice Cream</p>
Daily Prep	<p>Make double batch of rice, and grill the <a href="#">Herb Chicken</a> for Tues' &amp; Thurs' dinners at the same time</p>					<p>Make double batch of sweet potato bites for Sat dinner</p>	

## Delicious Gluten-Free, Grain-Free Breakfast & Lunch Recipes

Below are some healthy gluten-free, grain-free 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:

- [Easy Blender Waffles](#) with bacon
- [Raspberry Acai Bowls](#) with boiled eggs
- [Coconut Flour Banana Pancake Buddies](#) with fresh berries
- [Almond Butter Banana Parfaits](#) with boiled eggs

### GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Greek Salad Wraps](#) with sliced fruit
- [Roasted Red Pepper & Squash Soup](#) with garden salad