

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 17-30 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Grilled Pineapple Chicken with Pineapple Salsa and Cauli-Rice or Cilantro Rice	Grilled Beef Fajitas with The Best Guacamole and leftover Cauli-Rice or Cilantro Rice	Veggie "Pasta" (if grain-free, use zoodles) top with Grilled Herb Chicken	Grilled Shrimp Kebobs with Watermelon Salsa and Plantain Chips	Strawberry-Feta Salad with leftover Grilled Herb Chicken Crockpot Baked Potatoes	Southwestern Chicken Burgers with Avocado and Cultured Potato Salad	Foolproof BBQ Chicken with Citrus Salad and left-over Cultured Potato Salad Dessert: Grilled Tropical Fruit with Ice Cream
Timesaving Tip: Grill this chicken and the Herb Chicken for Tues & Thurs dinners					Timesaving Tip: Make extra potato salad for Sat dinner	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Turkey-Veggie Meatloaf , Mashed Potatoes Steamed Asparagus	Slow Cooker Garlic Thyme Chicken Leftover Mashed Potatoes and Garden Salad	Chicken Verde Lettuce Wraps with Cilantro Rice or Seasoned Cauli-Rice	Turmeric Beef Fried Rice (use leftover cauli-rice or basmati rice in recipe) Spinach Salad	Crockpot Pulled Pork Sandwiches with Apple-Carrot Coleslaw and Cultured Pickles	Easy BBQ Chicken Wings with leftover Apple-Carrot Coleslaw and Cultured Pickles	Crockpot Pulled Pork Sandwiches with Honey-Lime Fruit Salad and Sweet Potato Fries
Make extra mashed potatoes for tomorrow		Save leftover rice or cauli-rice for Wednesday		Save leftover pork for Sat & extra coleslaw for Friday		

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Simple Hash Browns](#) with Eggs Over Easy
- [Easy Veggie Mini-Quiches](#) top with avocado slices
- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Morning Glory Muffins](#) with boiled eggs and bacon

GF Lunch Ideas:

- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Turkey & Raspberry Salad](#)