

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 19-25 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Balsamic Lime Grilled Skirt Steak</a> with Grilled Veggies and Mashed Potatoes	<a href="#">Turkey Guacamole Burgers</a> with <a href="#">Roasted Herb Sweet Potato Bites</a> <i>(if grain-free, use Bibb lettuce in place of buns)</i>	<a href="#">Turkey-Veggie Meatloaf Muffins</a> with Leftover Mashed Potatoes and Sweet Peas	<a href="#">Steak Fajitas</a> <i>(if GF, use Bibb lettuce in place of tortillas)</i> and leftover <a href="#">Roasted Herb Sweet Potato Bites</a>	<a href="#">Broiled Fish with Parsley Almond Pesto</a> and <a href="#">Herb Seasoned Cauli-Rice</a> or <a href="#">Cilantro Rice</a>	<a href="#">Grilled Pineapple Chicken Kebobs</a> serve with leftover <a href="#">Herb Seasoned Cauli-Rice</a> or <a href="#">Cilantro Rice</a>	<a href="#">Pizza Quiche</a> served with Mesclun Greens Salad with Avocado & Cucumber
Daily Prep	Make a double batch of mashed potatoes for Tues' dinner	Make a double batch of sweet potato bites for Wed's dinner			Save half of the rice for Fri's dinner		

## 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:

- [Strawberry Kiwi Acai Bowls](#) with boiled eggs
- [Easy Veggie Mini-Quiches](#) top with avocado slices
- [Blueberry Scones](#) with Scrambled Eggs
- [Pancake Muffins](#) with [Turkey Sausage Patties](#)

### GF Lunch Ideas:

- [Carrot Ginger Soup](#) with a side salad
- [2-Minute Tuna Salad](#) over mesclun greens
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Shrimp Salad](#) on a bed of mesclun greens