

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 31-Aug 13 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Crispy Lemon-Herb Chicken with Garlic Mashed Potatoes and Green Beans	Beef Tapa with leftover Garlic Mashed Potatoes and Green Beans	Veggie Quiche with Hash Brown Crust Mesclun Greens Salad with Avocado, Cucumber & Tomato and Sliced Fruit	Southwestern Chicken Burgers and Roasted Sweet Potato Bites	Grilled Chicken Mexican Salad Bowls	Lemon-Herb Baked Fish topped with Strawberry Salsa with leftover Roasted Sweet Potato Bites	Chicken & Broccoli Zoodle Pasta (or sub with GF pasta) with Garden Salad
Make extra chicken for Thurs' and extra potatoes for Monday			Make extra sweet potato bites and save for Friday		Cut parchment and line foil to avoid cooking fish directly in foil, if desired.	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
One Pan Roast Chicken, Potatoes & Asparagus with Mixed Greens Salad	Quick-n-Easy Thai Lettuce Wraps	Slow Cooker Italian Beef & Chard Ragu with Zoodles (or noodles of your choice)	<i>Breakfast for Dinner Night!</i> Almond Flour Waffles topped with Fresh Berries Scrambled Eggs Bacon	Orange Chicken with Cauli Rice or Basmati Rice Steamed Broccoli	Citrus Salmon & Asparagus Pouches with leftover Cauli-Rice or Basmati Rice	Leftover Beef Ragu Soup Garden Salad Italian Dressing
		Save leftover Beef Ragu for making soup on Saturday		Save extra cauli-rice or rice for Fri's dinner		

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

GF Breakfast Ideas:

- [Blueberry Scones](#) with Scrambled Eggs
- [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:

- [Spinach Potato Pancakes](#) with garden salad
- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Taco Salad in a Jar](#) (use leftover chicken verde instead)