

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 5-11 GF whole food meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Grilled Salmon with Peach & Avocado Salsa served over Cauli-Rice or Cilantro Rice & Spinach Salad <i>(not a salmon fan, sub with favorite fish of your choice)</i>	Grilled Veggies & Chicken Bowls over leftover Cauli-Rice or Cilantro Rice and drizzle with Tomato Vinaigrette	Veggie Quiche with Hash Brown Crust Mesclun Greens Salad with Avocado, Cucumber & Tomato and a side of Sliced Melon	Leftover Grilled Veggies & Chicken with Tomato Vinaigrette serve on a bed of Fresh Baby Spinach	Slow Cooker Beef Stew Mesclun Greens Salad with Avocado & Cucumber	Turkey Sloppy Joes with Cultured Pickles and Herb Roasted Potatoes & Carrots	Crispy Italian Chicken with leftover Herb Roasted Potatoes & Carrots Spinach Salad with Avocado, Apples and Strawberries
Daily Prep	Make a double batch of rice for Monday's dinner	Make a double batch of grilled chicken & veggies for Wed's dinner				Make a double batch of roasted veggies for Sat's dinner	

DELICIOUS GF BREAKFAST AND LUNCH IDEAS

Below are some healthy gluten-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 Whole Food Breakfast Ideas:

- [Bacon & Egg Biscuits](#) with sliced fruit
- [Grain-Free Granola](#) with boiled eggs
- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Simple Hash Browns](#) with scrambled eggs and sliced fruit

GF Whole Food Lunch Ideas:

- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Zesty Crab Cakes](#) with raw veggies and [ranch dip](#)
- [Chicken Salad Lettuce Wraps](#) with sliced fruit
- [Waldorf Salad](#) (replace buttermilk with coconut milk)