

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 Mar 27-Apr 9 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Apple Cider Pulled Pork</a> with <a href="#">Apple-Carrot Coleslaw</a> and Mashed Sweet Potatoes</p>	<p><a href="#">Lemon Thyme Chicken</a> with leftover <a href="#">Apple-Carrot Coleslaw</a></p>	<p><a href="#">Grilled Herb Seasoned Turkey</a> with <a href="#">Veggie Confetti Cauli-Rice</a> or <a href="#">Cilantro Basmati Rice</a></p>	<p><a href="#">Lemon-Garlic Pan Seared Salmon</a> and <a href="#">Asparagus</a> with leftover <a href="#">Veggie Confetti Cauli-Rice</a></p>	<p><a href="#">One-Skillet Mediterranean Chicken</a> Spinach Salad with Avocado, Cucumber and Tomatoes <a href="#">Avocado Green Goddess Dressing</a></p>	<p><a href="#">Turkey Tetrazzini</a> <i>(use leftover grilled turkey)</i> Spinach Salad <a href="#">Avocado Green Goddess Dressing</a></p>	<p>Leftover <a href="#">Slow Cooker Apple Cider Pulled Pork</a> topped with BBQ Sauce served over <a href="#">Crockpot Sweet Potatoes</a> Garden Salad</p>
Save extra pork for Sat's dinner and extra coleslaw for Monday		Grill extra turkey for Fri Make extra rice for Wed				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Skillet Lasagna</a> with Zucchini Ribbons Mesclun Greens Salad with Avocado and Cucumber</p>	<p><a href="#">Southwestern Chicken Burgers</a> and Roasted Sweet Potato Bites</p>	<p><a href="#">Creamy Tomato Soup</a> Grilled Cheese &amp; Turkey Sandwiches Sliced Fruit</p>	<p><a href="#">Veggie Quiche with Hash Brown Crust</a> Mesclun Greens Salad with Avocado, Cucumber &amp; Tomato and Sliced Fruit</p>	<p>Leftover <a href="#">Burger Salad</a> with Bacon, Sliced Tomatoes, Boiled Eggs &amp; Avocado Honey-Mustard Dressing</p>	<p><a href="#">Baked Chicken Parmesan</a> with Zoodles (or GF pasta noodles) Garden Salad</p>	<p>Leftover <a href="#">Creamy Tomato Soup</a> with <a href="#">Crockpot Baked Potatoes</a> topped with Bacon &amp; Chives</p>
	Grill double the burgers for Thurs' dinner	Make double the soup for Sat's dinner		Make extra bacon for Sat's dinner		

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

### GF Breakfast Ideas:

- [Banana Bread](#) with scrambled eggs
- [Turkey Sausage Patties](#) with eggs over easy & fruit
- [Grain-Free Granola](#) with boiled eggs
- [Southwestern Breakfast Casserole](#) with sliced fruit

### GF Lunch Ideas:

- [Honey Balsamic Chicken Rolls](#) with raw veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Shrimp Salad](#) on a bed of mesclun greens
- [Tomato-Basil Cheese Pie](#) with mesclun greens