

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 May 8-21 Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Marinara & Meatballs served over Zoodles (or sub with GF pasta) Garden Salad</p>	<p>Chicken Tocino with Mashed Potatoes and Green Beans</p>	<p>Sweet-n-Spicy Crockpot Chicken with Basmati Rice or Cauli-Rice and Steamed Broccoli</p>	<p><i>Homemade Pizza Night!</i> use leftover Marinara Sauce and your favorite pizza toppings (If grain-free, try this crust)</p>	<p>Grilled Herb Turkey Breasts Mashed Potatoes Green Beans</p>	<p>Grilled Salmon with Avocado Salsa with leftover Basmati Rice or Cauli-Rice and Mesclun Greens Salad</p>	<p>Turkey Tetrazzini with Zucchini Noodles (use leftover turkey instead of chicken) Garden Salad</p>
Save extra marinara sauce for Wed's dinner	Make extra potatoes and gr.beans save for Thursday	Make extra rice and save for Fri's dinner		Grill extra turkey and save for Sat's dinner		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Pan Seared Balsamic Chicken with Pesto Zoodles Garden Salad</p>	<p>Slow Cooker Italian Roast with Peppers serve with Mashed Sweet Potatoes and Garden Salad</p>	<p>Cobb Salad (use leftover Balsamic Chicken) with Slow Cooker Baked Potatoes</p>	<p>Sausage & Kale Breakfast Casserole Garden Salad</p>	<p>Slow Cooker Teriyaki Chicken with Seasoned Cauliflower Rice or Basmati Rice</p>	<p><i>Fun Kids Night Menu:</i> Corn Dog Muffins with Mac-n-Cheese Steamed Broccoli</p>	<p>Grilled Halibut with Avocado-Mango Salsa w/Leftover Seasoned Cauliflower Rice or Basmati Rice</p>
Make extra chicken and save for Tues' dinner				Save extra cauli-rice or rice for Sat'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:

- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Pomegranate Chicken Salad](#) on a bed of mesclun greens
- [Turkey & Raspberry Salad](#)