





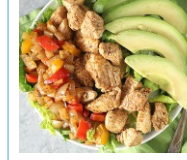



All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

The nourishing home May 9-22 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Happy Mother's Day! BLT Quiche Tartelettes with Mixed Greens Salad and Sausage Links</p>	<p>Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes and Homemade Coleslaw</p>	<p>Easy Taco Skillet serve with GF Tortillas and leftover Cilantro Rice</p>	<p>BBQ Pork Sliders (use leftover Pulled Pork) with leftover Homemade Coleslaw</p>	<p>Easy Taco Salad (save time and use leftover taco meat from Monday) top with Cinnamon Dusted Plantains</p>	<p>Pulled Pork Mango Bowls (Add leftover rice and leftover Pulled Pork and veggies to bowls; top w/red pepper slices, mango & avocado)</p>	<p>New Favorite! Easy Skillet Lasagna with Garden Salad</p>
	<p>To get 3 meals: Make double batch and save for Wed & Fri; make extra slaw</p>	<p>To get 2 meals: Cook extra taco meat & save for Thurs' dinner</p>		<p>Make extra plantains for Fri's dinner</p>		<p>Weekend Treat! Try our favorite Banana Pudding Cake</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Pork Tenderloin with Avocado Sauce with Mashed Potatoes and Green Beans</p>	<p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p>	<p>Grilled Herb Chicken with Pineapple Salsa served over Cilantro Rice</p>	<p>Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	<p>Slow Cooker Chicken Teriyaki with Basmati Rice</p>	<p>Chicken Fajita Bowls (*use leftover Grilled Herb Chicken and leftover Cilantro Rice)</p>	<p>Rustic Veggie Soup (Add leftover diced pork at end of cook time to warm through) and Almond Flour Biscuits</p>
<p>To get 2 meals: Make extra pork & freeze for Sat's dinner</p>	<p>To get 2 meals: Save extra sauce and meatballs for use in Wed's dinner</p>	<p>To get 2 meals: Grill extra chicken for Fri's dinner; make extra rice for Fri's dinner</p>			<p>*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings</p>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Spring Cleaning Detox Salad](#)