



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 October 9-22 Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Save leftover chicken for Wed's & Fri's dinners						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Grill extra steak save for Fri's dinner; save rice for Mon		Make extra potatoes and save for Thurs	Make extra pancakes and save for breakfast			

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

### GF Breakfast Ideas:

- [Denver Omelete Cups](#) top with avocado slices
- [Grain-Free Granola](#) with boiled eggs
- [Raspberry Acai Bowls](#) with boiled eggs
- [Simple Hash Browns](#) with Eggs Over Easy

### GF Lunch Ideas:

- [Egg Roll in a Bowl](#)
- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Pineapple Chicken Salad](#) on a bed of mesclun greens