

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 Sept 11-24 GF Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Easy One Skillet Chicken & Veggie Stir Fry with Zoodles (or GF Pasta)	Beef Tapa with Steamed Broccoli and Roasted Sweet Potato Bites	Turkey Joes and leftover Roasted Sweet Potato Bites	Cream of Broccoli Soup topped with crispy bacon bits served with Slow Cooker Baked Potatoes	Chicken Fajita Bowls with leftover Cauli-Rice or Basmati Rice	Lemon-Herb Baked Fish topped with Strawberry Salsa and plantain chips (or tortilla chips)	Stuffed Sweet Potatoes (use leftover chicken instead) BLT Salad with cucumbers, tomato and avocado Healthy Ranch Dressing
If using pasta, cook it al dente before adding to the stir fry	Make extra sweet potato bites and save for Tues		Make extra bacon for Sat's dinner	Make extra chicken and save for Sat's dinner	Cut parchment and line foil to avoid cooking fish directly in foil, if desired.	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Deconstructed Stuffed Peppers with Cauli-Rice or Basmati Rice	Citrus Salmon & Asparagus Pouches with leftover Cauli-Rice or Basmati Rice	Slow Cooker Italian Beef & Chard Ragu with Zoodles (or noodles of your choice)	Baked Chicken Parmesan with Zoodles (or GF pasta noodles) Garden Salad	Oven Baked Baby Back Ribs with Mashed Potatoes and Steamed Broccoli	Parmesan Chicken Strips (reheat extra chicken from Mon's dinner in oven) Mac-n-Cheese Steamed Broccoli	Leftover Beef Ragu Soup Garden Salad Italian Dressing
Make extra rice for Mon's dinner	Cut parchment and line foil to avoid cooking fish directly in foil, if desired.	Save leftover Beef Ragu for making soup on Saturday	Make extra chicken and save for Fri			

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

GF Breakfast Ideas:

- [Simple Hash Browns](#) with Eggs Over Easy
- [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](#)
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Turkey & Raspberry Salad](#)