

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 6-21 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><u>Slow Cooker Roasted Chicken</u> Mashed Potatoes Spinach Salad with Sliced Kiwi and Avocado with <u>Italian Dressing</u></p>	<p><u>Chicken Pesto Zucchini</u> <i>(sub with GF pasta if you prefer)</i> Garden Salad with <u>Healthy Ranch Dressing</u></p>	<p><u>Grilled Herb Turkey Breasts</u> with Veggie Confetti Cauli-Rice Garden Salad with <u>Italian Dressing</u></p>	<p><u>BLT Salad</u> with cucumbers, tomato and avocado <i>(top with leftover turkey)</i> <u>Crockpot Baked Potatoes</u> <i>(top w/diced green onions and <u>Healthy Ranch Dressing</u>)</i></p>	<p><u>Grilled Fish Provencal</u> with <u>Baja-Style Cilantro Rice</u></p>	<p><u>Beef Tapa</u> <i>(I highly recommend topping it with a fried egg)</i> with leftover Mashed Potatoes</p>	<p><u>Roasted Chicken Chili</u> and Garden Salad with <u>Healthy Ranch Dressing</u></p>
Daily Prep	<p>Make double potatoes for Fri's dinner and save extra chicken for Sat's dinner</p>		<p>Grill and save extra turkey for Wed's dinner</p>				

Delicious GF Breakfast and Lunch Ideas

Below are some healthy GF options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

GF Breakfast Ideas:

- Cinnamon Apple Rawnola (raw GF granola) with boiled eggs
- Veggie Egg Scramble with fresh berries
- Blueberry Muffins with eggs over easy
- Coconut Flour Banana Pancake Buddies with fresh berries

GF Lunch Ideas:

- Apple-Apricot Chicken Salad with fresh veggies
- Carrot-Cheddar Sandwich with pineapple slices
- Greek Salad Wraps with sliced fruit
- Avocado Egg Salad on a bed of mesclun greens