

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 Jan 20-Feb 2 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime)</p>	<p>Stuffed Sweet Potatoes (use leftover roast chicken instead) with BLT Salad with cucumbers, tomato and avocado</p>	<p>Cast Iron Steaks with Herb Butter Mashed Potatoes Green Beans</p>	<p>Easy Potato Soup add leftover roast chicken (if GF, be sure to substitute flour called for in the recipe with 2 Tbsp of tapioca flour or arrowroot flour)</p>	<p>Easy Beef & Broccoli Bowls with Basmati Rice</p>	<p>Steak Cobb Salad with Almond Flour Biscuits</p>	<p>Veggie Stir Fry (or precooked GF rice noodles) toss in the leftover beef from Thurs' dinner at end of cook time to re-warm</p>
<p>To get 3 meals: Shred leftover chicken for Mon & Wed; make bone broth</p>		<p>To get 2 meals: Make extra steak for Fri's dinner</p>		<p>To get 2 meals: Make extra beef for Sat's dinner</p>	<p>Make extra biscuits to use for breakfast sandwiches</p>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Pork Tenderloin with Golden Applesauce Mashed Potatoes and Green Beans</p>	<p>Savory Cottage Pie with Mixed Greens Salad with Healthy Ranch Dressing</p>	<p>Slow Cooker Italian Beef & Chard Ragu with Zoodles (or GF egg noodles) Garden Salad</p>	<p>Skillet Chicken Fajitas with Cilantro Rice</p>	<p>Leftover Beef Ragu Soup Mixed Greens Salad Italian Dressing</p>	<p>Chicken Fajita Bowls with leftover Cilantro Rice (warm leftover chicken and peppers; serve over rice with diced avocado)</p>	<p>One-Skillet Asian Style Lettuce Wraps with Fresh Fruit and Leftover Sweet Potato Bites</p>
<p>Make extra mashed potatoes for Mon's dinner</p>	<p>To get 2 meals: Brown extra meat and freeze for Sat's dinner (see Sat's recipe)</p>	<p>To get 2 meals: Make enough Beef Ragu for making soup on Thursday</p>	<p>To get 2 meals: Make extra chicken fajitas for Friday and extra rice for Fri & Sat</p>		<p>Remember to thaw ground meat for Sat's dinner</p>	
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> Lemon Poppy Seed Muffins with boiled eggs and fruit Turkey Sausage Patties with scrambled eggs and fruit Egg & Sausage Biscuits with sliced fruit 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> Carrot-Cheddar Sandwich with pineapple slices Pineapple Chicken Salad on a bed of mesclun greens Turkey BLT Roll-Ups with leftover Potato Soup 			