

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 June Wks 1-2 Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Featured recipe:</b> <a href="#">Grilled Herb Chicken with Pineapple Salsa</a> serve over <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Grilled Ribeye Steak with Grilled Veggies</a> and <a href="#">Slow Cooker Baked Potatoes</a></p>	 <p><a href="#">Greek Style Chicken Salad</a> <i>(use leftover diced grilled chicken)</i> serve with <a href="#">Almond Flour Biscuits</a></p>	 <p><a href="#">Sweet &amp; Spicy Steak Wraps</a> with <a href="#">Roasted Sweet Potato Bites</a> <i>(make extra for Thurs' dinner)</i></p>	 <p><a href="#">Roasted Sweet Potato Black Bean Bowls</a> <i>(use leftover grilled chix &amp; veggies &amp; leftover roasted sweet pot.ato bites)</i></p>	 <p><a href="#">One-Skillet Mediterranean Chicken</a> <i>(use leftover diced chicken &amp; serve over leftover Cilantro Rice)</i> Spinach Salad w/Avocado <a href="#">Italian Dressing</a></p>	 <p><a href="#">Easy Broccoli Cheddar Soup</a> with Garden Salad</p>
<p><b>To get 4 meals:</b> Grill extra chicken for Tues', Thurs' &amp; Fri's dinners; make extra rice for Fri's dinner</p>	<p><b>To get 2 meals:</b> Make extra steak for Wed's dinner; grill extra veggies for Thurs' dinner</p>		<p><b>Recipe Note:</b> Heat sauce in saucepan; add leftover grilled steak; toss to warm through.</p>	<p><b>Recipe Note:</b> Use frozen pre-cooked quinoa, or sub with leftover rice if you prefer.</p>		<p><b>Weekend Treat!</b> Try our favorite <a href="#">Almost Oatmeal Cookies</a></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Roasted Lemon Spatchcock Chicken</a> with Mashed Potatoes and Mesclun Greens Salad</p>	 <p><a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a> with Basmati Rice</p>	 <p><a href="#">Slow Cooker Marinara &amp; Meatballs</a> served over Zoodles <i>(or GF pasta)</i> Garden Salad</p>	 <p><a href="#">Tropical Chicken Lettuce Wraps</a> <i>(use leftover roast chicken)</i> with <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Pulled Pork Mango Bowls</a> <i>(Add leftover pulled pork to bowls; top with mango salsa &amp; avocado, etc.)</i></p>	 <p><a href="#">"Next-Over" Chicken Tacos</a> <i>(use leftover roast chicken)</i> and leftover <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Meatball Subs</a> <i>(top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese)</i> serve with Garden Salad</p>
<p><b>To get 3 meals:</b> Roast 2 chickens; shred extra chix for Wed &amp; Fri; make bone broth with bones</p>	<p><b>To get 2 meals:</b> Save extra pulled pork for use in Thurs' dinner</p>	<p><b>To get 2 meals:</b> Save extra meatballs &amp; sauce for Sat's dinner</p>	<p>Make extra rice for Thurs &amp; Friday</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
- [Fruit & Yogurt Parfait](#) with boiled eggs

### GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Waldorf Chicken Salad](#) with fresh fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens