















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 3-4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><b>Happy Father's Day Menu</b>  <a href="#">Bacon-Wrapped Steak</a> with Baked Potatoes  <a href="#">Apple-Spinach Salad</a></p>	<p><a href="#">Deconstructed Stuffed Pepper Bowls</a> serve over <a href="#">Cilantro Rice</a></p>	<p><a href="#">Bruschetta Chicken</a> with leftover <a href="#">Cilantro Rice</a></p>	<p><a href="#">Grilled Fajita Steak Salad</a>  <i>(save time – use leftover steak from Sunday) serve with <a href="#">Almond Flour Biscuits</a></i></p>	<p><a href="#">Zucchini Breakfast Bake</a>  <i>(use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) and <a href="#">Honey-Lime Fruit Salad</a></i></p>	<p><a href="#">Slow Cooker Baked Potato Buffet</a>  <i>(top with leftover diced bruschetta chicken; as well as feta cheese, etc.)</i>            Garden Salad with <a href="#">Italian Dressing</a></p>	<p><a href="#">Pesto "Pasta" with Zoodles</a>            or use GF Pasta <i>(top with leftover diced bruschetta chicken)</i>            Garden Salad with <a href="#">Italian Dressing</a></p>
<p><b>To get 2 meals:</b>            Make extra steak for Wed's dinner</p>	<p><b>To get 2 meals:</b>            Brown extra ground beef and season with taco seasoning for Thurs' dinner</p>	<p><b>To get 3 meals:</b>            Make extra chicken for Fri's &amp; Sat's dinners</p>	<p>Make extra biscuits to use for the <b>Weekend Treat</b> recipe!</p>			<p><b>Weekend Treat!</b>            Try our favorite <a href="#">Strawberry Shortcakes</a></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes &amp; Carrots <i>(add Green Beans last 45 minutes of cooktime)</i></p>	<p><a href="#">Beef Barbacoa</a> with <a href="#">Pico de Gallo</a> and <a href="#">Cilantro Rice</a></p>	<p><a href="#">One Skillet Chicken Verde Enchiladas</a> <i>(use leftover shredded roast chicken)</i> with leftover Cilantro Rice</p>	<p><a href="#">Beef &amp; Veggie Burrito Bowls</a> <i>(use leftover beef barbacoa and leftover rice from Monday's dinner)</i></p>	<p><a href="#">Pineapple BBQ Chicken Bowls</a> <i>(see recipe note below)</i> with Basmati Rice</p>	<p><a href="#">Baked Stuffed Sweet Potatoes</a> <i>(top with leftover beef barbacoa; as well as diced green onion, cheese, avocado, etc.)</i>            Garden Salad</p>	<p><a href="#">Meatloaf Muffins</a>            Mashed Potatoes and Sweet Peas</p>
<p><b>To get 3 meals:</b>            Roast an xtra chix, for Tues &amp; Thurs' dinners; use bones to make broth for soup</p>	<p><b>To get 3 meals:</b>            Make extra beef; save for Wed's &amp; Fri's dinners            Make extra rice for Tues &amp; Wed</p>			<p><b>Recipe Note:</b>            Save time &amp; toss leftover roast chicken with your favorite BBQ sauce</p>		

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Blueberry Scones](#) with scrambled eggs
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

### GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)