

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 May 12-25 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Grilled Herb Turkey Breasts with Roasted Sweet Potato Bites and Green Beans	Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad	Harvest Turkey Salad (use leftover Grilled Turkey and leftover Sweet Potato Bites)	Baked Chicken Parmesan with Zoodles (or GF pasta) Garden Salad	Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad	Baked Chicken Tenders with Healthier Homemade Fries and Sliced Fruit	Roasted Chicken Chili (use leftover diced grilled turkey from Sunday) serve with Cornbread
To get 2 meals: Grill/freeze extra turkey for Tues' & Sat's dinners; make extra S.P. bites for Tues	To get 3 meals: Save extra sauce and meatballs for use in Wed's and Thurs' dinners		To get 2 meals: Bake extra chicken tenders for use in Fri's dinner			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Jalapeño Turkey Burgers with Guacamole and Roasted Sweet Potato Bites	Slow Cooker Chicken Verde Lettuce Wraps with Cilantro Rice or Cauli-Rice	Taco Breakfast Casserole (if desired, mix in 1 cup cooked black beans & 1/2 cup of shredded cheese prior to baking) and leftover Roasted Sweet Potato Bites	Leftover Burger Salad with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado	Korean Style Beef Bowl with leftover rice and Steamed Broccoli	Leftover Chicken Verde served over Butternut Squash Pasta with Garden Salad	Tumeric Beef Fried Rice (use precooked ground beef from Tues and leftover rice from Monday)
To get 2 meals: Make extra burgers for use in Wed's dinner; make extra S.P. bites for Tues	To get 2 meals: Make double batch of chicken verde for Friday and triple the rice for Thurs & Sat	To get 3 meals: Cook all the ground beef needed for Tues, Thurs' and Sat's dinners				

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit

GF Lunch Ideas:

- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Honey Balsamic Chicken Rolls](#) w/raw veggies & ranch
- [Turkey BLT Roll-Ups](#) with fresh fruit