

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 April 10-23 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Marinara & Meatballs served over Zoodles (or sub with GF pasta) Garden Salad</p>	<p>Beef Tapa with Steamed Broccoli and Roasted Sweet Potato Bites</p>	<p>Cream of Broccoli Soup topped with crispy bacon bits served with Slow Cooker Baked Potatoes</p>	<p>Chicken & Broccoli Zoodle Pasta (or sub with GF pasta) with Garden Salad</p>	<p>Baked Fish Provencal (double recipe to serve 4 and see tip below) with leftover Roasted Sweet Potato Bites</p>	<p>Stuffed Sweet Potatoes (use leftover chicken instead) BLT Salad with cucumbers, tomato and avocado Healthy Ranch Dressing</p>	<p>Homemade Pizza Night! use leftover Marinara Sauce and your favorite pizza toppings (If grain-free, try this crust)</p>
Save 1 cup of sauce for Sat; freeze rest for future meals	Make extra sweet potato bites and save for Thursday	Make extra bacon for Fri's dinner	Make extra chicken for Fri's dinner	Cut parchment and line foil to avoid cooking fish directly in foil, if desired.		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Italian Beef & Chard Ragu with Zoodles (or noodles of your choice)</p>	<p>Quick-n-Easy Thai Lettuce Wraps</p>	<p>Easy One Skillet Chicken & Veggie Stir Fry with Zoodles</p>	<p>Breakfast for Dinner Night! Almond Flour Waffles topped with Fresh Berries Scrambled Eggs Bacon</p>	<p>Orange Chicken with Cauli Rice or Basmati Rice Steamed Broccoli</p>	<p>Broiled Cod with Parsley Lemon Pesto and leftover Cauli-Rice or Basmati Rice</p>	<p>Leftover Beef Ragu Soup Garden Salad Italian Dressing</p>
Save leftover Beef Ragu for making soup on Saturday				Save extra cauli-rice or rice for Fri's dinner		

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Simple Hash Browns](#) with Eggs Over Easy
- [Easy Veggie Mini-Quiches](#) top with avocado slices
- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Morning Glory Muffins](#) with boiled eggs and bacon

GF Lunch Ideas:

- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Turkey & Raspberry Salad](#)