

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 Apr 24-May 7 whole30 meal plan kit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Chicken Verde Lettuce Wraps</a> with <a href="#">Cilantro Rice</a> or <a href="#">Seasoned Cauli-Rice</a></p>	<p><a href="#">Apricot Balsamic Grilled Steak</a> with Mashed Potatoes and <a href="#">Lemon Garlic Green Beans</a></p>	<p><a href="#">Pan Roasted Chicken with Figs &amp; Olives</a> with leftover Mashed Potatoes and Green Beans</p>	<p><a href="#">Baked Fish Provencal</a> (double recipe to serve 4 and see tip below) with leftover Cilantro Rice or Cauli-Rice</p>	<p><a href="#">Chicken "Tortilla" Soup</a> (use leftover <a href="#">Chicken Verde</a> in place of baked chicken breasts) top with Sliced Avocado Garden Salad</p>	<p><a href="#">Steak Cobb Salad</a> (use leftover grilled steak) with <a href="#">Almond Flour Biscuits</a></p>	<p>Leftover <a href="#">Chicken "Tortilla" Soup</a> top with Sliced Avocado <a href="#">Slow Cooker Baked Sweet Potatoes</a></p>
Save leftover chicken for Thurs & leftover rice for Wed	Make extra steak for Fri & extra potatoes & greenbeans for Tuesday		Cut parchment and line foil to avoid cooking fish directly in foil, if desired.	Save leftover soup for Saturday		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Turkey-Veggie Meatloaf</a>, Mashed Potatoes Steamed Asparagus</p>	<p><a href="#">Slow Cooker Garlic Thyme Chicken</a> Leftover Mashed Potatoes and Garden Salad</p>	<p><a href="#">Grilled Shrimp Skewers</a> with <a href="#">Cilantro Rice</a> or <a href="#">Seasoned Cauli-Rice</a></p>	<p><a href="#">Turmeric Beef Fried Rice</a> (use leftover <a href="#">cauli-rice</a> or <a href="#">basmati rice</a> in recipe) Spinach Salad</p>	<p><a href="#">Crockpot Pulled Pork Sandwiches</a> <a href="#">Potato Salad</a> Cultured Pickles</p>	<p><a href="#">Easy BBQ Chicken Wings</a> with leftover Potato Salad Garden Salad</p>	<p><a href="#">Crockpot Pulled Pork Sandwiches</a> with <a href="#">Apple-Carrot Coleslaw</a> and Cultured Pickles</p>
Make extra mashed potatoes for tomorrow		Save leftover rice or cauli-rice for Wednesday		Save leftover pork for Sat & extra potato salad for Fri		

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

### GF Breakfast Ideas:

- [Easy Blender Waffles](#) with bacon
- [Raspberry Acai Bowls](#) with boiled eggs
- [Veggie Egg Scramble](#) with bacon
- [Blueberry Muffins](#) with eggs over easy and bacon

### GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Taco Salad in a Jar](#) (use leftover chicken verde instead)
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)