

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 29-May 12 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime)</p>	<p>Stuffed Sweet Potatoes (use leftover roast chicken instead) with BLT Salad with cucumbers, tomato and avocado Healthy Ranch Dressing</p>	<p>Chicken Pho Bowl with Bean Sprouts, Thai Basil, Lime Wedges</p>	<p>Coconut Flour Banana Buddies Pancakes Scrambled Eggs Bacon Fresh Fruit</p>	<p>Easy Beef & Broccoli Bowls with Cauli Rice or Basmati Rice</p>	<p>Veggie Stir Fry add leftover beef at end of cook time (sub zoodles with precooked GF noodles, if desired)</p>	<p>Skillet Chicken Fajitas with Pico de Gallo and Cauli Rice or Basmati Rice</p>
Shred leftover chicken for Mon & Tues; make bone broth		Use leftover roast chicken and bone broth from Sunday		Make extra rice for Friday and extra beef for Saturday		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Pork Tenderloin with Golden Applesauce Mashed Potatoes and Green Beans</p>	<p>Grilled Fajita Steak Salad</p>	<p>Grilled Herb Chicken with Pineapple Salsa and Cauli Rice or Basmati Rice</p>	<p>Veggie Quiche with Hash Brown Crust Mixed Greens Salad Sliced Fruit</p>	<p>Steak Fajita Bowls with leftover Cauli-Rice or Cilantro Rice (warm leftover steak and peppers; serve over rice with pico de gallo and avocado)</p>	<p>Strawberry Cobb Salad with Balsamic Lime Vinaigrette (use leftover grilled chicken)</p>	<p>Garlic Lemon Roast Chicken with Herb Roasted Potatoes & Carrots and Green Beans</p>
	Grill extra steak and save for Thurs' dinner	Grill extra chicken and make extra rice for Fri's dinner				
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> • Lemon Poppy Seed Muffins with boiled eggs and fruit • Turkey Sausage Patties with scrambled eggs and fruit • Fruit & Yogurt Parfait with boiled eggs • Egg & Sausage Biscuits with sliced fruit 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> • Carrot-Cheddar Sandwich with pineapple slices • Pineapple Chicken Salad on a bed of mesclun greens • Turkey BLT Roll-Ups with sliced fruit • Tomato-Basil Cheese Pie with mesclun greens 			