

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 Aug 16-22 GF whole food meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Skillet Lasagna with Zucchini Ribbons <i>(or sub with your favorite GF pasta)</i> Mesclun Greens Salad with Avocado & Cucumber</p>	<p>Orange Chicken with Cauli-Rice or Basmati Rice Steamed Broccoli</p>	<p>Beef Tapa <i>(I highly recommend topping it with a fried egg)</i> with Roasted Herb Sweet Potato Bites</p>	<p>Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices and leftover Roasted Herb Sweet Potato Bites</p>	<p>Grilled Salmon with Peach & Avocado Salsa with Cauli-Rice or Baja-Style Cilantro Rice</p>	<p>Grilled Pineapple Chicken with Pineapple Salsa and leftover Cauli-Rice or Basmati Rice with Black Beans</p>	<p>Strawberry Feta Salad <i>(top with leftover chicken)</i> Crockpot Baked Potatoes <i>(top w/diced green onions)</i></p>
Daily Prep			Make extra sweet potato bites and save for Wed's dinner	Place frozen salmon in fridge to thaw overnight	Make extra rice and save for Friday's dinner	Grill extra chicken and save for Sat's dinner	

DELICIOUS GF BREAKFAST AND LUNCH IDEAS

Below are some healthy gluten-free options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

GF Breakfast Ideas:

- [Easy Blender Waffles](#) with bacon
- [Raspberry Acai Bowls](#) with boiled eggs
- [Coconut Flour Banana Pancake Buddies](#) with fresh berries
- [Almond Butter Banana Parfaits](#) with boiled eggs

GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Greek Salad Wraps](#) with sliced fruit
- [Roasted Red Pepper & Squash Soup](#) with garden salad