

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 23-29 GF whole food meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<u>Chicken Tocino</u> with Mashed Potatoes and Steamed Broccoli	<u>Slow Cooker Italian Roast with Peppers</u> with Leftover Mashed Potatoes Mesclun Salad with Tomato, Cucumber & Avocado	<u>Grilled Balsamic Chicken</u> , Baked Sweet Potatoes and <u>Café Greens Salad</u> topped with Grilled Asparagus	<u>Zoodle Primavera</u> with Leftover <u>Grilled Balsamic Chicken</u>	<u>Chicken Fajita Bowls</u> with <u>Seasoned Cauliflower Rice</u> (or serve with <u>cilantro rice</u>)	<u>Grilled Halibut with Avocado-Mango Salsa</u> w/Leftover Rice Dessert: <u>Cinnamon Coffee Cake</u>	<u>BLT Salad</u> with cucumbers, tomato and avocado (top with leftover chicken) <u>Crockpot Baked Potatoes</u> (top w/diced green onions and <u>Healthy Ranch Dressing</u>)
Daily Prep	Make a double batch of mashed potatoes and save for Monday's dinner		Grill extra chicken for Wed's and Sat's dinners		Make extra cauli-rice or cilantro rice and save for Fri'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:

- Strawberry Kiwi Acai Bowls with boiled eggs
- Easy Veggie Mini-Quiches top with avocado slices
- Blueberry Scones with Scrambled Eggs
- Pancake Muffins with Turkey Sausage Patties

GF Lunch Ideas:

- Apple-Apricot Chicken Salad with fresh veggies
- Carrot-Cheddar Sandwich with pineapple slices
- Shrimp Salad on a bed of mesclun greens
- Roasted Red Pepper & Squash Soup with garden salad