

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 August 14-27 Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Lemon Garlic Chicken with Baby Potatoes & Carrots & Garden Salad</p>	<p>Slow Cooker Italian Roast with Peppers serve with Mashed Sweet Potatoes and Garden Salad</p>	<p>Sausage & Kale Breakfast Casserole with Honey-Lime Fruit Salad</p>	<p>Cobb Salad (use leftover Lemon Garlic Chicken) with Slow Cooker Baked Potatoes</p>	<p>Slow Cooker Teriyaki Chicken with Seasoned Cauliflower Rice or Basmati Rice</p>	<p>Fun Kids Night Menu: Corn Dog Muffins with Mac-n-Cheese Steamed Broccoli</p>	<p>Grilled Halibut with Avocado-Mango Salsa w/Leftover Seasoned Cauliflower Rice or Basmati Rice</p>
Save extra chicken for Wed's dinner				Save extra cauli-rice or rice for Sat's dinner		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Marinara & Meatballs served over Zoodles (or sub with GF pasta) & Garden Salad</p>	<p>Chicken Tocino with Mashed Potatoes and Green Beans</p>	<p>Sweet-n-Spicy Crockpot Chicken with Basmati Rice or Cauli-Rice and Steamed Broccoli</p>	<p>Homemade Pizza Night! use leftover Marinara Sauce and your favorite pizza toppings (If grain-free, try this crust)</p>	<p>Grilled Herb Turkey Breasts Mashed Potatoes & Green Beans</p>	<p>Grilled Salmon with Avocado Salsa with leftover Basmati Rice or Cauli-Rice and Mesclun Greens Salad</p>	<p>Turkey Tetrazzini with Zucchini Noodles (use leftover turkey instead of chicken; use GF pasta if you prefer) & Garden Salad</p>
Save extra marinara sauce for Wed's dinner	Make extra potatoes and gr.beans save for Thursday	Make extra rice and save for Fri's dinner		Grill extra turkey and save for Sat's dinner		

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
- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Spring Cleaning Detox Salad](#)
- [Tomato-Basil Cheese Pie](#) with mesclun greens