

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 Dec 10-23 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Savory Sausage &amp; White Bean Soup</u> Garden Salad with Avocado, Cucumber and Tomatoes</p>	<p><u>Lemon Thyme Chicken</u> with Mashed Potatoes Steamed Asparagus</p>	<p><u>Grilled Herb Seasoned Turkey</u> with <u>Veggie Confetti Cauli-Rice</u> or <u>Cilantro Basmati Rice</u></p>	<p><u>Lemon-Garlic Pan Seared Salmon and Asparagus</u> with leftover <u>Veggie Confetti Cauli-Rice</u></p>	<p><u>One-Skillet Mediterranean Chicken</u> Spinach Salad with Avocado, Cucumber and Tomatoes <u>Avocado Green Goddess Dressing</u></p>	<p><u>Turkey Tetrazzini</u> <i>(use leftover grilled turkey)</i> Spinach Salad <u>Avocado Green Goddess Dressing</u></p>	<p>Leftover <u>Savory Sausage &amp; White Bean Soup</u> with Baked Potatoes</p>
Save leftover soup for Sat's dinner		Grill extra turkey for Fri Make extra rice for Wed				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Chicken Verde Lettuce Wraps</u> with <u>Cilantro Rice</u> or <u>Seasoned Cauli-Rice</u></p>	<p><u>Slow Cooker Italian Beef &amp; Chard Ragu</u> with <u>Zoodles</u> <i>(if you're not GF, use egg noodles instead)</i> Garden Salad</p>	<p><u>Grilled Pineapple Chicken</u> with leftover rice and <u>Cinnamon Plantains</u></p>	<p>Leftover Chicken Verde served over <u>Butternut Squash Pasta</u> Garden Salad <u>Italian Dressing</u></p>	<p><u>Leftover Beef Ragu Soup</u> Mixed Greens Salad <u>Italian Dressing</u></p>	<p><u>Grilled Chicken Mexican Salad Bowls</u> with <u>Slow Cooker Baked Potatoes</u></p>	<p><u>Turkey Joes</u> with <u>Roasted Sweet Potato Bites</u></p>
Make extra chicken and rice; reserve for Wed's dinner	Make enough Beef Ragu for making soup on Thurs	Grill extra chicken for Friday's dinner				
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
<p><b>GF Breakfast Ideas:</b></p> <ul style="list-style-type: none"> <li>• <u>Banana Bread</u> with scrambled eggs</li> <li>• <u>Turkey Sausage Patties</u> with eggs over easy &amp; fruit</li> <li>• <u>Grain-Free Granola</u> with boiled eggs</li> <li>• <u>Southwestern Breakfast Casserole</u> with sliced fruit</li> </ul>			<p><b>GF Lunch Ideas:</b></p> <ul style="list-style-type: none"> <li>• <u>Honey Balsamic Chicken Rolls</u> with raw veggies</li> <li>• <u>Carrot-Cheddar Sandwich</u> with pineapple slices</li> <li>• <u>Shrimp Salad</u> on a bed of mesclun greens</li> <li>• <u>Tomato-Basil Cheese Pie</u> with mesclun greens</li> </ul>			