

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 21-27 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Spicy Fish Tacos with Lime Slaw</a> and Avocado Cilantro Sauce <a href="#">Seasoned Cauliflower Rice</a> or <a href="#">Baja-Style Rice</a>	<a href="#">Lemon-Garlic Chicken</a> , Mashed Potatoes and Steamed Broccoli	<a href="#">Shepherd's Pie</a> and Mesclun Salad with cucumbers, tomato and avocado <a href="#">Balsamic Italian Dressing</a>	<b>Christmas Eve</b> <a href="#">Baked Ham w/Apricot Glaze</a> <a href="#">Mashed Sweet Potatoes</a> <a href="#">Garlic Lemon Green Beans</a> <a href="#">Classic Brown Bread Rolls</a> w/Butter	Leftover Christmas Eve Dinner (enjoy more time with family!) <b>Merry Christmas!</b>	Pizza Night! (we like this <a href="#">grain-free crust</a> ) Garden Salad Dessert: <a href="#">Christmas Cookies</a> , of course!	<a href="#">Slow Cooker Beef Stew</a> Mesclun Salad with cucumbers, tomato and avocado <a href="#">Balsamic Italian Dressing</a>
Daily Prep		Make a double batch of mashed potatoes and save half for Tues' dinner		<i>Tip: I recommend purchasing an uncured ham and using apricot preserves in place of the mango chutney</i>			

## Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

Below are some healthy grain-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.

### Grain-Free Breakfast Ideas:

- [Crispy Bacon Eggs Benedict](#) with fresh fruit slices
- [Broccoli-Spinach Frittata](#) topped with avocado slices
- [Pumpkin Pie Porridge](#) with boiled eggs and bacon
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

### Grain-Free Lunch Ideas:

- [Spinach Potato Pancakes](#) with mesclun greens
- [Healthy Lunch Wraps](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit