

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 28-Jan 3 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Spaghetti Squash</a> <a href="#">Shrimp Pesto</a> Spinach Salad w/Diced Apples (or pears), Walnuts and Goat Cheese <a href="#">Balsamic Italian Dressing</a>	<a href="#">Turkey Veggie Chili</a> (serve over leftover basmati rice or cauli-rice) Chile-Cheese "Corn"bread	Chili Dogs (serve <a href="#">leftover chili</a> over hot dogs) <a href="#">Easy Macaroni &amp; Cheese</a> Fruit Salad	<i>New Year's Eve</i> <a href="#">Slow Cooker Brisket Tacos</a> with <a href="#">Seasoned Cauliflower Rice</a> or <a href="#">Baja-Style Rice</a> Dessert: <a href="#">Raspberry Crumble Bars</a>	<a href="#">Slow Cooker Greek Chicken</a> with Leftover Basmati Rice or <a href="#">Cauli-Rice</a> <i>Happy New Year!</i>	Leftover <a href="#">Slow Cooker Brisket</a> with <a href="#">Mashed Sweet Potatoes</a> and Peas & Carrots	<a href="#">Turkey Bolognese with Zoodles</a> Garden Salad with cucumbers, tomatoes and avocado <a href="#">Balsamic Italian Dressing</a>
Daily Prep		Save extra chili for Tues' dinner		Make a double batch of brisket and save half for Fri's dinner			

## 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:

- [Bacon Crusted Frittata](#) with fresh fruit slices
- [Simple Hash Browns](#) with scrambled eggs and sliced fruit
- [Cranberry Walnut Granola](#) with homemade coconut yogurt
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon

### Grain-Free Lunch Ideas:

- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Zesty Crab Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey BLT Roll-Ups](#) with sliced fruit