

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 4-17 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Savory Cottage Pie</u> with Mesclun Salad with Avocado and Cucumber	<u>Teriyaki Beef Skewers</u> with <u>Cauli Rice</u> or Basmati Rice Green Beans	<u>Orange Chicken</u> with leftover <u>Cauli Rice</u> or Basmati Rice Steamed Broccoli	<u>Creamy Pumpkin Soup</u> with Baked Potatoes and Garden Salad with <u>Avocado Green Goddess Dressing</u>	<u>Pizza Quiche</u> with Spinach Salad <u>Avocado Green Goddess Dressing</u>	<u>Garlic Parsley Chicken</u> with leftover Mashed Potatoes Green Beans	<u>Pizza Potato Skins</u> with leftover Pumpkin Soup
Make extra mashed potatoes and save for Friday	Make extra rice and save for Tues' dinner		Make extra soup and save for Saturday			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>One-Skillet Mediterranean Chicken</u> Spinach Salad with Avocado, Cucumber and Tomatoes <u>Avocado Green Goddess Dressing</u>	<u>Slow Cooker Apple Cider Pulled Pork</u> with <u>Apple-Carrot Coleslaw</u> and Mashed Sweet Potatoes	<u>Creamy Tomato Soup</u> Grilled Cheese & Turkey Sandwiches Sliced Fruit	<i>Breakfast for Dinner Night!</i> <u>Almond Flour Waffles</u> topped with Fresh Berries Scrambled Eggs Bacon	Leftover <u>Slow Cooker Apple Cider Pulled Pork</u> topped with BBQ Sauce served over Baked Potatoes Garden Salad	Leftover <u>Creamy Tomato Soup</u> with <u>Crockpot Baked Potatoes</u> topped with Bacon & Chives	<u>Meatloaf Muffins</u> with leftover Mashed Sweet Potatoes and Peas
	Save extra pork for Thurs; make extra potatoes for Saturday	Make extra soup and save for Fri's dinner				

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

GF Breakfast Ideas:

- [Morning Glory Muffins](#) with boiled eggs and bacon
- [Cinnamon Apple Porridge](#) with boiled eggs
- [Simple Hash Browns](#) with Eggs Over Easy
- [Grab-n-Go Pancake Muffins](#) with boiled eggs

GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Zesty Crab Cakes](#) with raw veggies and [ranch dip](#)
- [Pineapple Chicken Salad](#) on a bed of mesclun greens