

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 Feb 1-7 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Crispy Baked Buffalo Wings</a> Raw Veggies w/ <a href="#">Ranch Dip</a> and <a href="#">Sweet Potato Fries</a>	<a href="#">Slow Cooker Tangy Beef</a> with Mashed Potatoes and Steamed Broccoli	<a href="#">Grilled Balsamic Chicken</a> , Leftover Mashed Potatoes and <a href="#">Café Greens Salad</a> topped with Grilled Asparagus	<a href="#">Zoodle Primavera</a> with Leftover <a href="#">Grilled Balsamic Chicken</a>	<a href="#">Chicken Fajita Bowls</a> with <a href="#">Seasoned Cauliflower Rice</a> or <a href="#">Baja Cilantro Rice</a>	<a href="#">Grilled Halibut with Avocado-Mango Salsa</a> w/Leftover <a href="#">Seasoned Cauliflower Rice</a> or <a href="#">Baja Cilantro Rice</a>	<a href="#">Cream of Broccoli Soup</a> topped with Leftover <a href="#">Slow Cooker Tangy Beef</a> Garden Salad
Daily Prep		Make extra mashed potatoes for Tues' dinner Save leftover beef for Sat's' dinner	Grill extra chicken for Wed's dinner		Make extra cauli-rice or Baja cilantro rice and save for Fri's dinner		

## DELICIOUS 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:

- [Simple Hash Browns](#) with Eggs Over Easy
- [Easy Eggs Cups](#) with sliced fruit
- [Veggie Egg Scramble](#) top with avocado slices
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

### Grain-Free Lunch Ideas:

- [Carrot Ginger Soup](#) with a side salad
- [2-Minute Tuna Salad](#) over mesclun greens
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)