















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 28-Mar 13 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Easy Beef &amp; Broccoli Bowls</a> and <a href="#">Cilantro Rice</a>	<a href="#">Easy Taco Skillet</a> serve with GF Tortillas and leftover <a href="#">Cilantro Rice</a>	<a href="#">Slow Cooker Sweet Potato Chili</a> serve with <a href="#">Almond Flour Biscuits</a>	<a href="#">Easy Taco Salad</a> (save time and use leftover taco meat from Monday) top with <a href="#">Cinnamon Dusted Plantains</a>	<a href="#">Veggie &amp; Beef Stir Fry</a> (simply add leftover beef from Sunday at end of cook time)	<a href="#">Beef Taco Lettuce Cups</a> (use leftover taco meat after cooking veggies to warm through serve over rice) with leftover plantains and <a href="#">Cilantro Rice</a>	Leftover <a href="#">Slow Cooker Sweet Potato Chili</a> serve over Basmati Rice
<b>To get 2 meals:</b> Make extra beef for use in Thurs' dinner; make extra rice for Mon	<b>To get 3 meals:</b> Cook extra taco meat & save for Wed's & Fri's dinners	<b>To get 2 meals:</b> make extra chili for Sat	Make extra plantains for Fri's dinner			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Easy Pepper Steak</a> with Basmati Rice	<b>New Favorite!</b> <a href="#">Sausage Hash Brown Casserole</a> serve with Fruit Salad and <a href="#">Almond Flour Biscuits</a>	<a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a> with <a href="#">Cilantro Rice</a>	<a href="#">Steak &amp; Eggs Rancheros</a> (use leftover steak from Sun) <a href="#">Pico de Gallo</a> with Garden Salad	<a href="#">Slow Cooker Sweet &amp; Spicy Chicken</a> top with Steamed Broccoli serve over leftover Basmati Rice	<a href="#">Pulled Pork Tacos</a> (use leftover pulled pork) with Leftover <a href="#">Cilantro Rice</a>	<a href="#">Savory Sausage &amp; White Bean Soup</a> (add leftover sausage at end of cooktime to warm through) Garden Salad
<b>To get 2 meals:</b> Sauté extra steak for use in Wed's dinner	<b>To get 2 meals:</b> Cook extra sausage & freeze for Sat's dinner	<b>To get 2 meals:</b> Make/save extra chicken & rice for Fri's dinner				

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Cinnamon-Apple Muffins](#) with scrambled eggs
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

### GF Lunch Ideas:

- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens