

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 7-13 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><i>Fun Kids Night Menu:</i> Corn Dog Muffins (if you're not GF, you can always use a store bought corn bread muffin mix to make these) Mac-n-Cheese Steamed Broccoli</p>	<p>Coconut Flour Banana Buddies Pancakes Scrambled Eggs Bacon Fresh Fruit</p>	<p>Hearty Minestrone Soup (if grain-free, use zoodles in place of pasta) Mesclun Salad with Sliced Apples, Feta and Walnuts</p>	<p>Meatloaf Muffins, Mashed Potatoes and Green Beans</p>	<p>Leftover Hearty Minestrone Soup Grilled Turkey, Cheddar & Apple Sandwiches (on GF bread)</p>	<p>Make Your Own Pizza Night! Serve with Garden Salad. If grain-free, try this crust!</p>	<p>Shepherd's Pie with Leftover Mashed Potatoes Garden Salad with cucumber and tomato</p>
Daily Prep		<p>Double pancakes and save for breakfast</p>	<p>Double the soup and save for Thurs</p>	<p>Double the potatoes and save for Sat</p>			

Delicious GF Breakfast and Lunch Ideas

Below are some healthy GF 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.

GF Breakfast Ideas:

- [Coconut Flour Banana Pancake Buddies](#) with fresh berries
- [Southwestern Breakfast Casserole](#)
- [Egg & Sausage or Bacon Biscuits](#) with sliced fruit
- [Grab-n-Go Pancake Muffins](#) with boiled eggs

GF Lunch Ideas:

- [Greek Salad Wraps](#) with sliced fruit
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Taco Salad in a Jar](#)
- [Chicken & Avocado Lettuce Wraps](#)