

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 8-14 Whole Food GF Meal Plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices Roasted Herb Sweet Potato Bites	Slow Cooker Sausage Casserole with Honey-Lime Fruit Salad and Leftover Roasted Herb Sweet Potato Bites	Slow Cooker Beef Stew Mesclun Salad with cucumbers, tomato and avocado Balsamic Italian Dressing	Creamy Butternut Squash Soup Spinach Salad w/Diced Apples (or pears), and Walnuts Balsamic Italian Dressing	Grilled Shrimp Kebobs served over Saffron Rice or Saffron Cauli-Rice Garden Salad with cucumber and tomato	Grilled Pineapple Chicken with Pineapple Salsa Steamed Broccoli Leftover Saffron Rice or Saffron Cauli-Rice	Chicken- BLT Salad with cucumbers, tomato and avocado (<i>use leftover chicken</i>) Crockpot Baked Potatoes (<i>top w/diced green onions and Healthy Ranch Dressing</i>)
Daily Prep	Make extra sweet potato bites for tomorrow				Make extra rice & save for Fri. Grill extra chicken for Sat's dinner	Grill and save extra chicken for Sat'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:

- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Veggie Egg Scramble](#) top with avocado slices
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Smoky Sweet Potato Hash](#) with sliced fruit

Grain-Free Lunch Ideas:

- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit