

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 Jan 17-23 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><a href="#">Slow Cooker Roasted Chicken</a>  <a href="#">Herb Roasted Potatoes, Carrots and Red Onion</a>                      Spinach Salad with Sliced Kiwi and Avocado  <a href="#">Italian Dressing</a></p>	<p><a href="#">Spinach, Leek and Potato Frittata</a>                      Mesclun Greens with Apples &amp; Walnuts  <a href="#">Balsamic Dressing</a></p>	<p><a href="#">Grilled Herb Turkey Breasts</a>                      Mashed Potatoes                      Green Beans</p>	<p>Make Your Own Pizza Night                      (we like this <a href="#">grain-free crust</a> or use whichever crust you prefer)                      Garden Salad with <a href="#">Ranch Dressing</a></p>	<p><a href="#">Roasted Chicken Chili</a>                      and Garden Salad with <a href="#">Healthy Ranch Dressing</a></p>	<p><a href="#">Grilled Salmon with Avocado Salsa</a>                      Mesclun Greens Salad with Tomato, Cucumber &amp; Avocado</p>	<p><a href="#">Turkey Tetrazzini with Zucchini Noodles</a>                      (use leftover turkey instead of chicken)                      Garden Salad</p>
Daily Prep	<p>Save 2 cups of the roasted chicken for Thurs' dinner</p>		<p>Grill 2lbs of turkey and save half for Sat's dinner</p>				

## Delicious Gluten-Free, Grain-Free Breakfast & Lunch Recipes

Below are some healthy gluten-free, 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.

### GF Breakfast Ideas:

- [Easy Eggs Cups](#) with sliced fruit
- [Egg & Sausage or Bacon Biscuits](#) with sliced fruit
- [Coconut Flour Banana Pancake Buddies](#) with fresh berries
- [Pumpkin Breakfast Porridge](#) with boiled eggs and bacon

### GF Lunch Ideas:

- [Carrot Ginger Soup](#) with a side salad
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit
- [Waldorf Salad](#) (replace buttermilk with coconut milk)