

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 24-30 Whole Food GF Meal Plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Spaghetti Squash Shrimp Pesto Spinach Salad w/Diced Apples (or pears), Walnuts Balsamic Italian Dressing	Slow Cooker Sweet Potato Chili with Chile-Cheese "Corn"bread	Chili Dogs (serve leftover chili over hot dogs) Fruit Salad Sweet Potato Fries	Slow Cooker Brisket Tacos with Seasoned Cauliflower Rice or Baja-Style Rice	Slow Cooker Greek Chicken with Leftover Cauli-Rice or Baja-Style Rice	Leftover Slow Cooker Brisket with Mashed Sweet Potatoes and Peas & Carrots	Turkey Bolognese with Zoodles Garden Salad with cucumbers, tomatoes and avocado Balsamic Italian Dressing
Daily Prep		Save extra chili for Tues' dinner		Save half of briskett for Fri's dinner and make a double batch of "rice;" save half rice for tomorrow			

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.

GF Breakfast Ideas:

- [Bacon Crusted Frittata](#) with fresh fruit slices
- [Simple Hash Browns](#) with scrambled eggs and sliced fruit
- [Easy Eggs Cups](#) with sliced fruit
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon

GF Lunch Ideas:

- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Zesty Crab Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey BLT Roll-Ups](#) with sliced fruit