





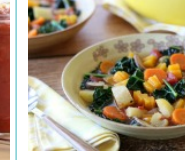


All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

the nourishing home january 3-16 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes and Homemade Coleslaw</p>	<p>Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes</p>	<p>BBQ Pork Sliders (use leftover Pulled Pork) with leftover Homemade Coleslaw</p>	<p>New Favorite! Sweet & Spicy Steak Wraps with Cilantro Rice (make extra rice for Fri & Sat)</p>	<p>Pan-Seared Balsamic Chicken with Pesto Zoodles (or your favorite GF pasta)</p>	<p>Pulled Pork Mango Bowls (Add leftover rice and leftover Pulled Pork and veggies to bowls; top w/red pepper slices, mango & avocado)</p>	<p>One-Skillet Mediterranean Chicken (use leftover diced chicken & serve over leftover Cilantro Rice) Spinach Salad w/Avocado Italian Dressing</p>
<p>To get 3 meals: Make double batch and save for Tues & Fri; make extra slaw</p>	<p>To get 2 meals: Make extra steak for Wed's dinner; grill extra veggies for Fri's dinner</p>		<p>Recipe Note: Heat sauce in saucepan; add leftover grilled steak; toss to warm through.</p>	<p>To get 2 meals: Make extra chix for Sat's dinner</p>		<p>Weekend Treat! Try our favorite Almost Oatmeal Cookies</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Roasted Lemon Spatchcock Chicken with Mashed Potatoes and Mesclun Greens Salad</p>	<p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p>	<p>Tropical Chicken Lettuce Wraps (use leftover roast chicken) with Cilantro Rice</p>	<p>Pork Tenderloin with Avocado Sauce with Mashed Potatoes and Green Beans</p>	<p>"Next-Over" Chicken Tacos (use leftover roast chicken) and leftover Cilantro Rice</p>	<p>Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	<p>Rustic Veggie Soup (Add leftover diced pork at end of cook time to warm through) and leftover Almond Flour Biscuits</p>
<p>To get 3 meals: Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones</p>	<p>To get 2 meals: Save extra sauce and meatballs for use in Fri's dinner</p>	<p>Make extra rice for Thursday</p>	<p>To get 2 meals: Make extra pork for Sat's dinner</p>			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- Leftover [Slow Cooker Baked Potato](#) with salad
- [Avocado Egg Salad](#) on a bed of mesclun greens