

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 31-Feb 6 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Southwestern Chicken Burgers</a> and <a href="#">Sweet Potato Fries</a>	<a href="#">Slow Cooker Tangy Beef</a> with Mashed Potatoes and Steamed Broccoli	<a href="#">Pan Seared Balsamic Chicken with Pesto</a> <a href="#">Zoodles</a> Garden Salad	<a href="#">Zoodle Primavera</a> with Leftover <a href="#">Balsamic Chicken</a>	<a href="#">Chicken Fajita Bowls</a> with <a href="#">Seasoned Cauliflower Rice</a> or Basmati Rice	<a href="#">Grilled Halibut with Avocado-Mango Salsa</a> w/Leftover <a href="#">Seasoned Cauliflower Rice</a> or Basmati Rice	<a href="#">Cream of Broccoli Soup</a> topped with Leftover <a href="#">Slow Cooker Tangy Beef</a> Garden Salad
Daily Prep		Save extra beef for Sat's dinner	Grill extra chicken for Wed's dinner		Make extra cauli-rice or basmati rice for Fri's dinner		

## 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:

- [2-Minute Stuffed Omelette](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy & fruit
- [Cinnamon Apple Porridge](#) with boiled eggs & bacon
- [Smoky Sweet Potato Hash](#) with sliced fruit

### GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens salad
- [Spinach Potato Pancakes](#) with garden salad