

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 Wks 3-4 GF Whole Food Meal Plan

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|---|---|--|---|---|--|
|  <p><a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes &amp; Carrots serve with Garden Salad</p>   |  <p><a href="#">Slow Cooker Sweet Potato Chili</a> with <a href="#">Almond Flour Biscuits</a></p>                              |  <p><a href="#">Easy Healthy Chicken Ramen</a> (if GF use rice noodles instead) with Garden Salad</p>                                    |  <p><a href="#">Family Fun! Croco-Tacos</a> serve with <a href="#">Homemade Guacamole</a></p>   |  <p><i>Breakfast for Dinner!</i><br/><a href="#">Almond Flour Pancakes</a> with Mixed Berries and <a href="#">Veggie Egg Scramble</a></p> |  <p><a href="#">Chili &amp; Rice Stuffed Peppers</a> (use leftover chili from Monday) with Garden Salad</p>  |  <p><a href="#">Easy Taco Salad</a> (save time and use leftover taco meat) top with <a href="#">Cinnamon Dusted Plantains</a></p> |
| <p><b>To get 2 meals:</b><br/>Save extra chicken for Tues' dinner; use bones to make broth</p>   | <p><b>To get 2 meals:</b><br/>Save extra chili for Fri's dinner</p>   |   | <p><b>To get 2 meals:</b><br/>Make extra taco meat for Sat's dinner</p>  |   |   | <p><b>Weekend Treat!</b><br/>Try our favorite <a href="#">Raspberry Crumble Bars</a></p>   |
| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|  <p><a href="#">Savory Cottage Pie</a> with Mixed Greens Salad with <a href="#">Healthy Ranch Dressing</a></p>  |  <p><a href="#">Slow Cooker Shredded Beef Tacos</a> with <a href="#">Pico de Gallo</a> and <a href="#">Cilantro Rice</a></p> |  <p><a href="#">Jalapeño Turkey Burgers</a> with <a href="#">Homemade Guacamole</a> and <a href="#">Roasted Sweet Potato Bites</a></p> |  <p><a href="#">Easy &amp; Tasty Breakfast Hash</a> (use leftover shredded beef) <a href="#">Almond Flour Biscuits</a></p>  |  <p><a href="#">Beef &amp; Veggie Burrito Bowls</a> (use leftover shredded beef and leftover rice from Monday's dinner)</p>             |  <p><a href="#">One Skillet Quinoa Turkey Tacos</a> (add leftover ground turkey after cooking quinoa &amp; veggies to warm thru) serve with GF tortillas or lettuce leaves</p> |  <p><a href="#">Leftover Burger Bowls with Secret Sauce</a> (use leftover turkey burgers and sweet potato bites)</p>            |
| <p><b>To get 2 meals:</b><br/>Brown extra ground turkey for Fri's dinner</p>   | <p><b>To get 2 meals:</b><br/>Make extra rice and save leftover shredded beef for Thurs' dinner</p>   | <p><b>To get 2 meals:</b><br/>Make xtra burgers for Sat's dinner; make extra guac for Thurs' dinner</p>   | <p>Save extra biscuits for breakfast</p>   |   |   |  |
| Delicious Gluten-Free Breakfast and Lunch Ideas  |   |   |  |   |   |  |
| <p><b>GF Breakfast Ideas:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Veggie Scramble</a> and leftover <a href="#">Cinnamon Plantains</a></li> <li>• <a href="#">Almond Flour Biscuits</a> with <a href="#">Strawberry Chia Jam</a></li> <li>• <a href="#">Lemon Poppy Seed Muffins</a> with boiled eggs and fruit</li> </ul> |   |   | <p><b>GF Lunch Ideas:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Healthy Greens Wrap</a> with sliced fruit</li> <li>• <a href="#">Turkey BLT Roll-Ups</a> with fresh fruit</li> <li>• <a href="#">Egg Roll in a Bowl!</a></li> </ul> |   |   |  |