

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 4-10 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Slow Cooker Roasted Chicken</a> <a href="#">Herb Roasted Potatoes, Carrots and Red Onion</a> Spinach Salad with Sliced Strawberries, Kiwi & Avocado <a href="#">Italian Dressing</a>	<a href="#">Fresh Caprese with Zoodles</a> and <a href="#">Garden Herb Biscuits</a>	<a href="#">Slow Cooker Garlic Thyme Chicken</a> Mashed Sweet Potatoes Green Beans	<a href="#">Slow Cooker Sausage Casserole</a> with <a href="#">Almond Flour Biscuits</a> and <a href="#">Honey-Lime Fruit Salad</a>	<a href="#">Beef Fajitas</a> with <a href="#">Guacamole</a> <a href="#">Cauli-Rice</a> or <a href="#">Baja-Style Cilantro Rice</a>	<a href="#">Chicken Zoodle Soup with Mushrooms</a> Mesclun Greens with cucumbers, tomato and avocado <a href="#">Healthy Ranch Dressing</a>	<a href="#">Stuffed Sweet Potatoes</a> <i>(use leftover roast chicken instead)</i> with <a href="#">BLT Salad</a> with cucumbers, tomato and avocado <a href="#">Healthy Ranch Dressing</a>
Daily Prep	Save leftover roast chicken for Fri and Sat dinners						

## Delicious Gluten-Free, Grain-Free 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:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Bacon & Egg Biscuits](#) with sliced fruit
- [Grain-Free Granola](#) with boiled eggs
- [Fruit & Yogurt Parfait](#) with boiled eggs

### GF Lunch Ideas:

- [Spinach Potato Pancakes](#) with garden salad
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Carrot Cheddar Sandwiches](#) with sliced fruit