

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 July 3-16 GF Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Garlic Shrimp Stir Fry with Yellow Squash Zoodles <i>(be sure to double the recipe, reduce red pepper for less spicy option)</i></p>	 <p>Happy July 4th! Special Patriotic Holiday Menu</p>	 <p>Slow Cooker Teriyaki Chicken with Seasoned Cauliflower Rice or Basmati Rice</p>	 <p>Pizza Quiche with Mesclun Salad with Avocado and Cucumber</p>	 <p>Grilled Salmon with Avocado Salsa with leftover Basmati Rice or Cauli-Rice and Mesclun Greens Salad</p>	 <p>Summer Veggies Pasta with Mesclun Salad with Avocado and Cucumber <i>(if you're grain-free use zoodles instead of rice pasta)</i></p>	 <p>Fun Kids Night Menu: Corn Dog Muffins with Mac-n-Cheese Steamed Broccoli</p>
		Make extra rice and save for Thurs' dinner				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Grilled Flank Steak with Avocado Chimchurri and Cauli-Rice or Baja-Style Cilantro Rice</p>	 <p>Sweet-n-Spicy Crockpot Chicken and Steamed Broccoli with leftover Cauli-Rice or Basmati Rice</p>	 <p>Steak Cobb Salad with Almond Flour Biscuits</p>	 <p>Chicken Tocino with Mashed Potatoes and Green Beans</p>	 <p>Grilled Herb Turkey Breasts with leftover Mashed Potatoes Green Beans</p>	 <p>Sausage & Kale Breakfast Casserole Mesclun Greens topped with Citrus Salad</p>	 <p>Turkey Tetrazzini with Zucchini Noodles <i>(use leftover turkey instead of chicken)</i> Garden Salad</p>
Grill extra steak save for Tues' dinner; save rice for Mon			Make extra potatoes and gr.beans save for Thursday	Grill extra turkey and save for Sat's dinner		

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Blueberry Scones](#) with Scrambled Eggs
- [Denver Omelete Cups](#) top with avocado slices
- [Grain-Free Granola](#) with boiled eggs
- [Raspberry Acai Bowls](#) with boiled eggs

GF Lunch Ideas:

- [Egg Roll in a Bowl](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Pomegrante Chicken Salad](#) on a bed of mesclun greens
- [Pineapple Chicken Salad](#) on a bed of mesclun greens