

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 June 21-27 GF whole food meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Lemon Garlic Chicken</a> with Mashed Potatoes and Steamed Broccoli	<a href="#">Slow Cooker Italian Roast with Peppers</a> with Leftover Mashed Potatoes Mesclun Salad with Tomato, Cucumber & Avocado	<a href="#">Grilled Balsamic Chicken</a> , Baked Sweet Potatoes and <a href="#">Café Greens Salad</a> topped with Grilled Asparagus	<a href="#">Summer Veggies Pasta</a> with Leftover <a href="#">Grilled Balsamic Chicken</a>	<a href="#">Chicken Fajita Bowls</a> with <a href="#">Cilantro Rice</a>	<a href="#">Grilled Halibut with Avocado-Mango Salsa</a> w/Leftover <a href="#">Cilantro Rice</a> Dessert: <a href="#">Cinnamon Coffee Cake</a>	<a href="#">BLT Salad</a> with cucumbers, tomato and avocado ( <i>top with leftover chicken</i> ) <a href="#">Crockpot Baked Potatoes</a> ( <i>top w/diced green onions and <a href="#">Healthy Ranch Dressing</a></i> )
Daily Prep	Make a double batch of mashed potatoes and save for Monday's dinner		Grill extra chicken for Wed's and Sat's dinners		Make extra rice and save for Fri's dinner		

## DELICIOUS GF BREAKFAST AND LUNCH IDEAS

Below are some healthy gluten-free 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:

- [Strawberry Kiwi Acai Bowls](#) with boiled eggs
- [Easy Veggie Mini-Quiches](#) top with avocado slices
- [Blueberry Scones](#) with Scrambled Eggs
- [Pancake Muffins](#) with [Turkey Sausage Patties](#)

### GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Shrimp Salad](#) on a bed of mesclun greens
- [Roasted Red Pepper & Squash Soup](#) with garden salad