

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 March 13-26 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="#">Jalapeño Turkey Burgers</a> with <a href="#">Homemade Guacamole</a> and <a href="#">Roasted Sweet Potato Bites</a></p>	<p><a href="#">Easy Healthy Chicken Ramen</a> <i>(if GF use rice noodles instead)</i> with Garden Salad</p>	<p><a href="#">Family Fun! Croco-Tacos</a> serve with <a href="#">Homemade Guacamole</a></p>	<p>Featured Recipe: <a href="#">Slow Cooker Chicken Teriyaki</a> with Basmati Rice</p>	<p><a href="#">Leftover Burger Bowls with Secret Sauce</a> <i>(use leftover turkey burgers and sweet potato bites)</i></p>	<p><a href="#">Breakfast Nachos</a> <i>(use leftover taco meat instead of sausage, top with shredded cheese, if desired)</i> <a href="#">Pico de Gallo</a> and <a href="#">Honey-Lime Fruit Salad</a></p>
<p><b>To get 2 meals:</b> Save extra chicken for Tues' dinner; use bones to make broth</p>	<p><b>To get 2 meals:</b> Make xtra burgers for Fri's dinner; make extra guac for Wed's dinner</p>		<p><b>To get 2 meals:</b> Make extra taco meat for Sat's dinner</p>			<p><b>Weekend Treat!</b> 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="#">Slow Cooker Buffalo Chicken Sliders</a> with <a href="#">Sweet Potato Buns</a> <i>(or use your favorite buns)</i></p>	<p><b>New Favorite!</b> <a href="#">Easy Turkey White Chili</a> <i>(add leftover browned ground turkey to save time)</i> serve with Cornbread and Garden Salad</p>	<p><a href="#">Easy &amp; Tasty Breakfast Hash</a> <i>(use leftover shredded beef)</i> <a href="#">Almond Flour Biscuits</a></p>	<p><a href="#">Beef &amp; Veggie Burrito Bowls</a> <i>(use leftover shredded beef and leftover rice from Monday's dinner)</i></p>	<p><a href="#">Buffalo Chicken Sweet Potatoes</a> <i>(use leftover Buffalo Chicken from Tues)</i> serve with Garden Salad</p>
<p><b>To get 2 meals:</b> Brown extra ground turkey for Wed's dinner</p>	<p><b>To get 3 meals:</b> Make extra shred beef for Thurs' &amp; Fri's dinners; make extra rice for Fri's dinner</p>	<p><b>To get 2 meals:</b> Make &amp; save extra chicken to use to top sweet potatoes for Sat's dinner</p>		<p>Save extra biscuits for breakfast</p>		

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Egg & Sausage Biscuits](#) with sliced fruit

### GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with fresh fruit
- [Egg Roll in a Bowl!](#)