

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 May 10-16 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Chicken Tocino</a> with Mashed Potatoes and Steamed Broccoli	<a href="#">Rustic Chorizo Pasta (Zoodles)</a> Garden Salad with Cucumber Tomato & Shredded Carrot	<a href="#">Grilled Balsamic Chicken</a> , Leftover Mashed Potatoes and <a href="#">Café Greens Salad</a> topped with Grilled Asparagus	<a href="#">Zoodle Primavera</a> with Leftover <a href="#">Grilled Balsamic Chicken</a>	<a href="#">Chicken Fajita Bowls</a> with <a href="#">Seasoned Cauliflower Rice</a> <i>(or serve with <a href="#">cilantro rice</a>)</i>	<a href="#">Grilled Halibut with Avocado-Mango Salsa</a> w/Leftover <a href="#">Seasoned Cauliflower Rice</a>	<a href="#">Spinach, Leek and Potato Frittata</a> Mesclun Greens with Apples & Walnuts Dessert: <a href="#">Cinnamon Coffee Cake</a>
Daily Prep			Grill extra chicken for Wed's dinner; use coconut aminos instead for soy for salad dressing		Make extra cauli-rice and save for Fri's dinner		

## DELICIOUS GRAIN-FREE BREAKFAST AND LUNCH IDEAS

Below are some healthy grain-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.

### Grain-Free 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](#)

### Grain-Free Lunch Ideas:

- [Carrot Ginger Soup](#) with a side salad
- [2-Minute Tuna Salad](#) over mesclun greens
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Shrimp Salad](#) on a bed of mesclun greens