

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 17-23 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Slow Cooker Roasted Chicken Herb Roasted Potatoes, Carrots and Red Onion Spinach Salad with Sliced Kiwi and Avocado Italian Dressing</p>	<p>Mini Meatloaf Muffins Mashed Potatoes Green Beans</p>	<p>Chicken Tetrazzini with Zucchini Noodles <i>(use leftover roasted chicken)</i> Garden Salad with Tomato, Cucumber & Avocado</p>	<p><i>Breakfast for Dinner:</i> Veggie Egg Scramble with Simple Hash Browns and Turkey Breakfast Sausage Patties</p>	<p>Slow Cooker Italian Roast with Peppers with Leftover Mashed Potatoes Mesclun Salad with Tomato, Cucumber & Avocado</p>	<p>Grilled Salmon with Avocado Salsa Mesclun Greens Salad with Tomato, Cucumber & Avocado</p>	<p>Roasted Caprese Chicken with Pesto Zucchini Noodles</p>
Daily Prep	<p>Save 3 cups of the roasted chicken for Tues' dinner</p>	<p>Make extra mashed potatoes for Thursday</p>					

Delicious Gluten-Free, Grain-Free Breakfast & Lunch Recipes

Below are some healthy gluten-free, 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.

GF Breakfast Ideas:

- [Coconut Flour Banana Pancake Buddies](#) with fresh berries
- [Southwestern Breakfast Casserole](#)
- [Egg & Sausage or Bacon Biscuits](#) with sliced fruit
- [Grab-n-Go Pancake Muffins](#) with boiled eggs

GF Lunch Ideas:

- [Greek Salad Wraps](#) with sliced fruit
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit
- [Waldorf Salad](#) (replace buttermilk with coconut milk)