

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 8-21 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Happy Mother's Day!</b>  <a href="#">BLT Quiche</a>  <a href="#">Tartelettes</a>                      with Mixed Greens Salad and Sausage Links</p>	 <p><a href="#">Slow Cooker Apple Cider Pulled Pork</a>                      with Mashed Sweet Potatoes and <a href="#">Homemade Coleslaw</a></p>	 <p><a href="#">Easy Taco Skillet</a>                      serve with GF Tortillas and leftover <a href="#">Cilantro Rice</a></p>	 <p><a href="#">BBQ Pork Sliders</a>                      (use leftover <a href="#">Pulled Pork</a>) with leftover <a href="#">Homemade Coleslaw</a></p>	 <p><a href="#">Easy Taco Salad</a>                      (save time and use leftover taco meat from Monday) top with <a href="#">Cinnamon Dusted Plantains</a></p>	 <p><a href="#">Pulled Pork Mango Bowls</a>                      (Add leftover <a href="#">Pulled Pork</a> and plantains to bowls; top with mango salsa &amp; avocado)</p>	 <p><b>New Favorite!</b>  <a href="#">Easy Skillet Lasagna</a>                      with Garden Salad</p>
	<p><b>To get 3 meals:</b>                      Make double batch and save for Wed &amp; Fri; make extra slaw</p>	<p><b>To get 2 meals:</b>                      Cook extra taco meat &amp; save for Thurs' dinner</p>		<p>Make extra plantains for Fri's dinner</p>		<p><b>Weekend Treat!</b>                      Try our favorite <a href="#">Banana Pudding Cake</a></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Pork Tenderloin with Avocado Sauce</a>                      with Mashed Potatoes and Green Beans</p>	 <p><a href="#">Slow Cooker Marinara &amp; Meatballs</a>                      served over Zoodles (or GF pasta) Garden Salad</p>	 <p><a href="#">Grilled Herb Chicken with Pineapple Salsa</a>                      served over <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Meatball Subs</a>                      (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	 <p><a href="#">Slow Cooker Chicken Teriyaki</a>                      with Basmati Rice</p>	 <p><a href="#">Chicken Fajita Bowls</a>                      (*use leftover <a href="#">Grilled Herb Chicken</a> and leftover <a href="#">Cilantro Rice</a>)</p>	 <p><a href="#">Rustic Veggie Soup</a>                      (Add leftover diced pork at end of cook time to warm through) and <a href="#">Almond Flour Biscuits</a></p>
<p><b>To get 2 meals:</b>                      Make extra pork &amp; freeze for Sat's dinner</p>	<p><b>To get 2 meals:</b>                      Save extra sauce and meatballs for use in Wed's dinner</p>	<p><b>To get 2 meals:</b>                      Grill extra chicken for Fri's dinner; make extra rice for Fri's dinner</p>			<p>*Just toss in the chicken at the end of recipe to re-warm &amp; combine with the veggies and seasonings</p>	
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p><b>GF Breakfast Ideas:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Baked Egg Avocado Boats</a> with sliced fruit</li> <li>• <a href="#">Turkey Sausage Patties</a> with scrambled eggs and fruit</li> <li>• <a href="#">Cinnamon Apple Oatmeal Bake</a> with sausage patties</li> </ul>			<p><b>GF Lunch Ideas:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Waldorf Chicken Salad</a> with fresh fruit</li> <li>• <a href="#">GF Tortilla Wraps</a> (great for kids) with fresh fruit</li> <li>• <a href="#">Spring Cleaning Detox Salad</a></li> </ul>			