

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 Nov 1-7 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><u>Slow Cooker Roasted Chicken</u> with Carrots & Potatoes Spinach Salad with Dried Cranberries and Avocado <u>Italian Dressing</u></p>	<p><u>Chicken Pesto Zucchini</u> <i>(sub with GF pasta if you prefer)</i> Garden Salad with <u>Healthy Ranch Dressing</u></p>	<p><u>Grilled Herb Turkey Breasts</u> with Mashed Potatoes Garden Salad with <u>Italian Dressing</u></p>	<p><u>BLT Salad</u> with cucumbers, tomato and avocado <i>(top with leftover turkey)</i> <u>Crockpot Baked Potatoes</u> <i>(top w/diced green onions and <u>Healthy Ranch Dressing</u>)</i></p>	<p><u>Beef Tapa</u> <i>(I highly recommend topping it with a fried egg)</i> with leftover Mashed Potatoes</p>	<p><u>Roasted Chicken Chili</u> and Garden Salad with <u>Healthy Ranch Dressing</u></p>	<p><u>Grilled Fish Provencal</u> with <u>Baja-Style Cilantro Rice</u></p>
Daily Prep	Save extra chicken for Fri's dinner		Grill extra turkey for Wed's dinner and make extra potatoes for Thurs dinner				

Delicious GF Breakfast and Lunch Ideas

Below are some healthy GF 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:

- Cinnamon Apple Rawnola (raw GF granola) with boiled eggs
- Veggie Egg Scramble with fresh berries
- Blueberry Muffins with eggs over easy
- Coconut Flour Banana Pancake Buddies with fresh berries

GF Lunch Ideas:

- Apple-Apricot Chicken Salad with fresh veggies
- Carrot-Cheddar Sandwich with pineapple slices
- Greek Salad Wraps with sliced fruit
- Avocado Egg Salad on a bed of mesclun greens