



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 12-25 Whole Food GF Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Savory Sausage & White Bean Soup</u> Garden Salad with Avocado, Cucumber and Tomatoes</p>	 <p><u>Slow Cooker Garlic Thyme Chicken</u> Mashed Potatoes and Garden Salad</p>	 <p><u>Southwestern Chicken Burgers</u> with <u>Roasted Sweet Potato Bites</u></p>	 <p><u>Coconut Flour Banana Buddies</u> <u>Pancakes</u> Scrambled Eggs Bacon Fresh Fruit</p>	 <p>Leftover <u>Savory Sausage & White Bean Soup</u> with Baked Potatoes</p>	 <p><u>Pesto "Pasta" with Zoodles</u> or serve with GF Pasta (top with leftover slow cooker garlic chicken from Monday)</p>	 <p>Leftover <u>Burger Salad</u> with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado Honey-Mustard Dressing</p>
Make extra soup and save for Thursday	Make extra chicken and save for Friday	Make extra burgers and save for Saturday	Make extra pancakes and save for breakfast			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Slow Cooker Italian Roast</u> Spinach Salad with <u>Avocado Green Goddess Dressing</u></p>	 <p><u>Easy One Skillet Chicken & Veggie Stir Fry</u> with Zoodles (or GF Pasta)</p>	 <p><u>Creamy Pumpkin Soup</u> with Baked Potatoes and Garden Salad with <u>Avocado Green Goddess Dressing</u></p>	 <p><u>Sausage & Kale Breakfast Casserole</u> with <u>Honey-Lime Fruit Salad</u></p>	 <p>Simple & Delicious <u>Gluten-Free Thanksgiving Day Menu</u> with free prep-ahead download!</p>	 <p>Thanksgiving Day Leftovers (enjoy more time with family and less time in the kitchen!)</p>	 <p><u>Cobb Salad</u> (use leftover Roast Turkey) with leftover <u>Creamy Pumpkin Soup</u></p>
	If using pasta, cook it al dente before adding to the stir fry	Make extra soup and save for Saturday	Save leftovers for an easy Thanksgiving breakfast	Roast a big bird so you can freeze leftover meat for easy future meals		

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- Pumpkin Pie Muffins with boiled eggs
- Denver Omelete Cups top with avocado slices
- Pumpkin Pie Porridge with boiled eggs and bacon

GF Lunch Ideas:

- Turkey, Cranberry & Apple Salad with mesclun greens
- Healthy Greens Wrap with sliced fruit
- Egg Roll in a Bowl!