

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 15-21 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><a href="#">Turkey Meatballs Braised in Tomato Sauce</a> with Sweet Potato Noodles or Zucchini Noodles</p>	<p><a href="#">Coconut Flour Banana Buddies Pancakes</a> Scrambled Eggs Bacon Fresh Fruit</p>	<p><a href="#">Hearty Minestrone Soup</a> <i>(if grain-free, use <a href="#">zoodles</a> in place of pasta)</i> Mesclun Salad with Sliced Apples, Feta and Walnuts</p>	<p><a href="#">Meatloaf Muffins</a>, Mashed Potatoes and Green Beans</p>	<p>Leftover <a href="#">Hearty Minestrone Soup</a> Grilled Turkey, <a href="#">Cheddar &amp; Apple Sandwiches</a> <i>(on GF bread)</i></p>	<p><b>Pizza Night!</b> Use leftover meatballs to make an awesome meatball pizza. Serve with Garden Salad. If grain-free, <a href="#">try this crust!</a></p>	<p><a href="#">Shepherd's Pie</a> with Leftover Mashed Potatoes Garden Salad with cucumber and tomato</p>
Daily Prep	<p>Save extra meatballs for Friday (Pizza)!</p>	<p>Double pancakes and save for breakfast</p>	<p>Double the soup and save for Thurs</p>	<p>Double the potatoes and save for Sat</p>			

## 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:

- [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
- [Taco Salad in a Jar](#)
- [Chicken & Avocado Lettuce Wraps](#)