

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 26-Dec 9 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Creamy Turkey & Veggies Soup (a tasty way to use leftover roast turkey) with Almond Flour Biscuits Spinach Salad with apples & crumbled bacon</p>	<p>Slow Cooker Garlic Herb Pot Roast with Mashed Potatoes</p>	<p><i>Breakfast for dinner!</i> Cinnamon Toast Waffles Scrambled Eggs Bacon and Fresh Berries</p>	<p>Slow Cooker Caribbean Pulled Chicken Wraps</p>	<p>Rustic Veggie Soup (add leftover Caribbean Chicken) Garden Salad</p>	<p>Savory Cottage Pie with Mixed Greens Salad</p>	<p>Strawberry Cobb Salad (use leftover Caribbean Chicken instead) with Slow Cooker Baked Potatoes</p>
Save extra biscuits for breakfast and leftover soup for a quick lunch	Make extra mashed potatoes to use for Friday's dinner		Make extra chicken to add to Thurs' soup and Sat's salad	Save leftover soup for a quick lunch		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Apple Cider Pulled Pork with Apple-Carrot Coleslaw and Mashed Sweet Potatoes</p>	<p>Easy Beef & Broccoli Bowls with Cauli Rice or Basmati Rice</p>	<p>Slow Cooker Pulled Pork (serve with BBQ Sauce on Roasted Sweet Potato Buns) and Apple-Carrot Coleslaw</p>	<p>Healthy Hamburger Soup with Garden Salad</p>	<p>Veggie Stir Fry add leftover beef at end of cook time (sub with precooked GF noodles, if desired)</p>	<p><i>Breakfast for dinner!</i> Pancake & Sausage Muffins Scrambled Eggs Fresh Berries</p>	<p>Aloha Mango Pulled Pork Salad use leftover Pulled Pork</p>
Save extra slaw for Tues; make extra pork for Tues & freeze extra for Sat	Make extra rice for Wed and extra beef for Thursday				Thaw leftover pulled pork in fridge overnight for Sat's dinner	

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

GF Breakfast Ideas:

- [Egg & Bacon Biscuits](#) with fruit
- [Cinnamon Waffles](#) with eggs and bacon
- [Overnight Oats in a Jar](#) (or [Grain-Free Porridge](#))

GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [5-Minute Salmon Salad](#) in [Green Wraps](#)