

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 6-19 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Parmesan Artichoke Chicken</u> with GF pasta or <u>Zoodles</u> Mesclun Salad	<u>Slow Cooker Sweet Potato Chili</u> with Gluten-Free Cornbread or Grain-Free <u>"Corn"bread</u>	<u>One Pan Sausage, Potatoes & Peppers</u> with leftover Cornbread	<i>Breakfast for Dinner Night</i> <u>Almond Flour Waffles</u> topped with frozen berries (<i>thawed</i>) Scrambled Eggs Bacon	Chili Dogs (serve <u>leftover chili</u> over hot dogs) Fruit Salad <u>Healthier French Fries</u>	Quick-n-Easy <u>Thai Lettuce Wraps</u> with <u>Cilantro Rice</u> or <u>Cauli-Rice</u>	<u>Grilled Salmon with Avocado Salsa</u> with leftover <u>Cilantro Rice</u> or <u>Cauli-Rice</u> Garden Salad
	Save extra chili for Thurs' and "corn"bread for Tues' dinner				Make extra rice and save for Sat's dinner	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Pan Seared Steak with Herb Butter</u> and <u>Cauli-Rice</u> or <u>Baja-Style Cilantro Rice</u>	<u>Sweet-n-Spicy Crockpot Chicken</u> and Steamed Broccoli with leftover Cauli-Rice or Basmati Rice	<u>Steak Cobb Salad</u> (<i>use leftover steak from Sun</i>) with <u>Almond Flour Biscuits</u>	<u>Chicken Tocino</u> with Mashed Potatoes and Green Beans	<u>Grilled Herb Turkey Breasts</u> with leftover Mashed Potatoes Green Beans	<u>Sausage & Kale Breakfast Casserole</u> Mesclun Greens topped with <u>Citrus Salad</u>	<u>Turkey Tetrazzini with Zucchini Noodles</u> (<i>use leftover turkey instead of chicken</i>) Garden Salad
Cook extra steak save for Tues' dinner; save rice for Monday			Make extra potatoes and gr.beans save for Thursday	Grill extra turkey and save for Sat's dinner		
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • <u>Cinnamon Apple Oatmeal Bake</u> with bacon • <u>Denver Omelete Cups</u> top with avocado slices • <u>Grain-Free Granola</u> with boiled eggs • <u>Raspberry Acai Bowls</u> with boiled eggs 				GF Lunch Ideas: <ul style="list-style-type: none"> • <u>Healthy Greens Wrap</u> with sliced fruit • <u>Honey Balsamic Chicken Rolls</u> w/raw veggies & ranch • <u>Egg Roll in a Bowl</u> • <u>Turkey & Raspberry Salad</u> 		