

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 Oct 11-17 Whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Pork Tenderloin Medallions with Golden Applesauce</a> and <a href="#">Herb Roasted Potatoes</a>	<a href="#">Turkey &amp; Veggie Taco Lettuce Cups</a> w/fresh salsa and grain-free <a href="#">Cauli-Rice</a> or basmati rice	<a href="#">Turkey-Veggie Chili</a> served over Leftover Basmati Rice or <a href="#">Cauli Rice</a>	<a href="#">Breakfast Tostada</a> with pico de gallo, sliced avocado and <a href="#">Honey-Lime Fruit Salad</a>	<a href="#">Slow Cooker Teriyaki Drumsticks</a> with <a href="#">Potato Salad</a> and Grilled Asparagus	Spaghetti (or <a href="#">Zoodles</a> ) with <a href="#">Basic Beef Meatballs</a> Mixed Greens Salad	Leftover <a href="#">Turkey-Veggie Chili</a> Garden Salad
Daily Prep		Use ground turkey instead and brown extra for Tues' dinner Save leftover rice for Tues	Save leftover chili for Sat's dinner		Make extra drumsticks and save for lunch	Make a double batch of meatballs and freeze for future meals	

## 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:

- [Bacon & Egg Biscuits](#) with sliced fruit
- [Morning Glory Muffins](#) with eggs over easy and bacon
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Fruit & Yogurt Parfait](#) with boiled eggs

### GF Lunch Ideas:

- [Carrot-Ginger Soup](#) with garden salad
- [Healthy Lunch Wraps](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Carrot Cheddar Sandwiches](#) with sliced fruit