

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 25-31 whole Food meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Spicy Lime Chicken with Mango Salsa served over Cilantro Rice</p>	<p>Sweet Potato Chili with Garden Salad</p>	<p>Turmeric Beef Fried Rice <i>(use leftover cilantro rice in recipe)</i> Spinach Salad</p>	<p>Crispy Lemon-Herb Chicken with Garlic Mashed Potatoes and Green Beans</p>	<p>Leftover Sweet Potato Chili with Garden Salad</p>	<p>Mexican Eggs Benedict served over baby greens Almond Flour Biscuits with Butter</p>	<p>Steak Cobb Salad Leftover Almond Flour Biscuits</p>
Daily Prep	<p>Make extra rice for Tues' dinner</p>	<p>Make extra chili and save for Thurs' dinner</p>					

Delicious GF Breakfast and Lunch Ideas

Below are some healthy gluten-free 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](#)