

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 October 1-14 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime)</p>	<p>Zoodle Sloppy Joes Spinach Salad with Apples Italian Dressing</p>	<p>Meatloaf Muffins Mashed Potatoes and Sweet Peas</p>	<p>Creamy Pumpkin Soup with Baked Potatoes and Garden Salad with Avocado Green Goddess Dressing</p>	<p>Slow Cooker Beef Stew with Mixed Greens Salad with Italian Dressing</p>	<p>Savory Cottage Pie with Mixed Greens Salad with Avocado Green Goddess Dressing</p>	<p>Stuffed Sweet Potatoes (use leftover roast chicken instead) with BLT Salad with cucumbers, tomato and avocado Italian Dressing</p>
Save leftover chicken for Wed & Sat; make bone broth		Make double batch of mashed potatoes and save half for Fri				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Savory Sausage & White Bean Soup Garden Salad with Avocado, Cucumber and Tomatoes</p>	<p>Slow Cooker Apple Cider Pulled Pork with Apple-Carrot Coleslaw and Mashed Sweet Potatoes</p>	<p>Southwestern Chicken Burgers with leftover Apple-Carrot Coleslaw and Roasted Sweet Potato Bites</p>	<p>Coconut Flour Banana Buddies Pancakes Scrambled Eggs Bacon Fresh Fruit</p>	<p>Leftover Slow Cooker Apple Cider Pulled Pork topped with BBQ Sauce served over Baked Potatoes Garden Salad</p>	<p>Leftover Savory Sausage & White Bean Soup with Baked Potatoes</p>	<p>Easy Beef & Broccoli Bowls with Cauli Rice or Basmati Rice</p>
Make extra soup and save for Thursday	Save extra coleslaw for Tues' dinner	Make extra burgers and save for Saturday	Make extra pancakes and save for breakfast			
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> • Morning Glory Muffins with boiled eggs and bacon • Cinnamon Apple Porridge with boiled eggs • Simple Hash Browns with Eggs Over Easy • Grab-n-Go Pancake Muffins with boiled eggs 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> • Turkey, Cranberry & Apple Salad with mesclun greens • Tomato-Basil Cheese Pie with mesclun greens • Zesty Crab Cakes with raw veggies and ranch dip • Pineapple Chicken Salad on a bed of mesclun greens 			