






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 15-28 whole food GF meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Roasted Lemon Spatchcock Chicken</a> with Baby Potatoes and Mesclun Greens Salad</p>	<p><a href="#">Grilled Herb Turkey Breasts</a> with leftover Roasted Baby Potatoes <a href="#">Green Beans</a></p>	<p><a href="#">Easy One Skillet Chicken &amp; Veggie Stir Fry</a> (use leftover roasted chicken to save time!) serve with Zoodles (or GF Pasta)</p>	<p><a href="#">Teriyaki Beef Skewers</a> (replace dates with 1 Tbsp honey to save time!) with <a href="#">Cauli-Rice</a> or Basmati Rice and leftover Green Beans</p>	<p><a href="#">Slow Cooker Sweet &amp; Spicy Chicken</a> with leftover Cauli-Rice or Basmati Rice Steamed Broccoli</p>	<p><a href="#">Jalapeño Turkey Burgers</a> with <a href="#">Guacamole</a> and <a href="#">Roasted Sweet Potato Bites</a></p>	<p><a href="#">Harvest Turkey Salad</a> (use leftover Grilled Turkey and leftover Sweet Potato Bites)</p>
Save extra roast chicken for Tues' dinner; roast extra potatoes for Monday	Grill extra turkey and freeze for Sat's salad; make extra green beans for Wednesday		Make extra rice for Thurs' dinner		Make extra sweet potato bites for Sat; thaw grilled turkey in fridge overnight for use in Sat's salad	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Skillet Chicken Fajitas</a> with <a href="#">Cilantro Rice</a> or <a href="#">Cauli-Rice</a></p>	<p><a href="#">Turmeric Beef Fried Rice</a> (use leftover cilantro rice or cauli-rice in the recipe) Spinach Salad with Apples &amp; Walnuts</p>	<p><a href="#">Slow Cooker Baked Potato Buffet</a> (top potatoes with leftover <a href="#">Chicken Fajitas</a>) Garden Salad</p>	<p><i>Breakfast for dinner!</i> <a href="#">Fluffy Little Almond Flour Pancakes</a> with Fresh Berries and <a href="#">Turkey Veggie Sausage</a></p>	<p><a href="#">Turkey Joes</a> with Cultured Dill Pickles <a href="#">Roasted Sweet Potato Bites</a></p>	<p><a href="#">Crispy Italian Chicken</a> with Leftover <a href="#">Roasted Sweet Potato Bites</a> Spinach Salad with Apples &amp; Walnuts</p>	<p><a href="#">Roasted Chicken Chili</a> (use leftover roasted chicken from Friday) with <a href="#">Chile Cheese Mock-Cornbread</a></p>
Make extra rice for Monday & extra chicken fajitas for Tues		Make extra baked potatoes and save for lunch	Make extra sausage patties to enjoy for breakfast	Make extra sweet potato bites for Friday's dinner	Roast extra chicken thighs for use in Sat's chili	

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

### GF Breakfast Ideas:

- [Pumpkin Pie Porridge](#) with boiled eggs and bacon
- [Egg & Sausage Biscuits](#) with sliced fruit
- [Grab-n-Go Pancake Muffins](#) with boiled eggs

### GF Lunch Ideas:

- Leftover [Slow Cooker Baked Potato](#) with salad
- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Pineapple Chicken Salad](#) on a bed of mesclun greens