















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 sept 12-25 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Bacon-Wrapped Steak with Baked Potatoes Apple-Spinach Salad	Deconstructed Stuffed Pepper Bowls serve over Cilantro Rice	Grilled Herb Turkey Breasts (or cook on skillet) with Roasted Sweet Potato Bites and Green Beans	Slow Cooker Hamburger Soup (add leftover ground beef from Monday's dinner) serve with your favorite toppings such as diced avocado, cilantro & sour cream	Harvest Turkey Salad (use leftover grilled turkey and top with leftover Sweet Potato Bites)	Featured Recipe Rustic Veggie Soup (Add leftover diced turkey at end of cook time to warm through) and leftover Almond Flour Biscuits	Leftover Steak Caesar Salad (use leftover steak and your favorite bottled dressing to make this meal even easier!) serve with leftover soup or baked potato
To get 2 meals: Make extra steak and freeze for Sat's dinner	To get 2 meals: Make extra ground beef for Wed's dinner	To get 3 meals: Make extra turkey for Thurs & Fri; make extra sw.pot.bites for Thurs' dinner			Make extra soup and serve with Sat's dinner; thaw leftover steak in fridge overnight for Sat	Weekend Treat! Try our yummy Decadent Fudge Brownies

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Cilantro Lime Chicken (pan sear or grill) with Veggies and Basmati Rice	Beef Barbacoa with Pico de Gallo and Cilantro Rice	New Favorite! Easy Cilantro Chicken Tacos (make it easy-use leftover grilled cilantro chicken) serve with Homemade Guacamole	Beef & Veggie Burrito Bowls (use leftover beef barbacoa and leftover rice from Monday's dinner)	Pineapple BBQ Chicken Bowls (see recipe note below) with leftover Basmati Rice	Slow Cooker Baked Potato Buffet (top with leftover beef barbacoa; as well as leftover green onion, cheese sour cream, etc.) Garden Salad	Meatloaf Muffins Mashed Potatoes and Sweet Peas
To get 3 meals: Grill extra chicken for Tues & Thurs' dinners	To get 3 meals: Make extra beef and rice; save leftover beef for Wed & Friday			Recipe Note: Save time & toss leftover grilled chicken with your favorite BBQ sauce	Make a lot of baked pota; scoop out for mashed potatoes, save skins to make potato skins	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)