

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 13-19 Whole Food GF Meal Plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Grilled Flank Steak with Avocado Chimchurri</a> and <a href="#">Cauli-Rice</a> or <a href="#">Baja-Style Cilantro Rice</a>	<a href="#">Cilantro Lime Chicken</a> with Grilled Veggies and Leftover <a href="#">Cauli-Rice</a> or <a href="#">Baja-Style Cilantro Rice</a>	<a href="#">Grilled Spicy Shrimp Skewers</a> with <a href="#">Watermelon Salsa</a> and Plantain Chips	<a href="#">Fresh Caprese with Zoodles</a> Garden Salad with <a href="#">Ranch Dressing</a>	<a href="#">Slow Cooker Garlic Thyme Chicken</a> Mashed Potatoes Green Beans	<a href="#">Spinach, Leek and Potato Frittata</a> Mesclun Greens with Apples & Walnuts <a href="#">Balsamic Dressing</a>	Make Your Own Pizza Night <i>(we like this <a href="#">grain-free crust</a> or use whichever crust you prefer)</i> Garden Salad with <a href="#">Ranch Dressing</a>
Daily Prep	Save extra rice for tomorrow's dinner						

## 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:

- [Peach Cobbler Muffins](#) with boiled eggs
- [Huevos Rancheros](#) with fresh berries
- [Banana Breakfast Bars](#) with boiled eggs
- [Orange Carrot Ginger Muffins](#) with boiled eggs

### GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Greek Salad Wraps](#) with sliced fruit
- [BLT Salad](#)