

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 17-30 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Grilled Herb Turkey Breasts</a> Mashed Potatoes Grilled Asparagus</p>	<p><a href="#">Slow Cooker Marinara &amp; Meatballs</a> (serve over "zoodles" or GF pasta noodles) Garden Salad</p>	<p><a href="#">One-Skillet Asian Style Lettuce Wraps</a> with Fresh Fruit</p>	<p><a href="#">Potato Casserole Lasagna</a> with <a href="#">Sautéed Greens</a></p>	<p><a href="#">Easy Beef &amp; Broccoli Bowls</a> with <a href="#">Cilantro Rice</a> or <a href="#">Seasoned Cauli-Rice</a></p>	<p><a href="#">Asian Style Chicken Bowls</a> (Grill veggies of your choice and serve with leftover Asian Chicken and leftover rice)</p>	<p><a href="#">Creamy Turkey Pot Pie Soup</a> with <a href="#">Almond Flour Biscuits</a> Spinach Salad (add diced apple, boiled eggs &amp; crumbled bacon)</p>
Grill extra turkey and freeze for Sat's soup	Save 4 cups of sauce for Wed's dinner	Make extra meat for Fri's Chicken Bowls	Sauté extra greens for breakfast	Make extra rice for Friday's Chicken Bowls		Save leftover soup for lunch
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Grilled Steak with Cilantro Lime "Butter"</a> with Grilled Veggies and Baked Sweet Potato</p>	<p><a href="#">Southwestern Chicken Burgers</a> with lettuce, tomato, onion &amp; avocado slices <a href="#">Roasted Sweet Potato Bites</a> and fresh fruit</p>	<p><a href="#">Steak Cobb Salad</a> (use leftover grilled steak &amp; veggies from Monday, and add leftover sweet potato bites from Tuesday)</p>	<p><a href="#">Strawberry Cobb Salad</a> with Balsamic Lime Vinaigrette with <a href="#">Slow Cooker Baked Potatoes</a></p>	<p><a href="#">Pesto "Pasta" with Zoodles</a> or serve with GF Pasta (top with leftover diced balsamic chicken from Wednesday)</p>	<p><a href="#">Grilled Salmon with Avocado Salsa</a> with <a href="#">Veggie Confetti Cauli-Rice</a> (or use pre-cooked basmati rice in place of cauliflower)</p>	<p><a href="#">Grilled Pesto Chicken Skewers</a> (use leftover pesto from Day 5) with leftover veggie rice</p>
Grill extra steak & veggies for Tuesday	Roast extra Sweet Potato Bites for Tuesday		Grill extra chicken for Thursday	Save extra pesto for Saturday	Make extra Veggie Rice for Saturday	

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

### GF Breakfast Ideas:

- [Make-Ahead Fruit & Yogurt Parfaits](#) with boiled eggs
- [Egg & Bacon Biscuits](#) with fresh fruit
- [Cinnamon Waffles](#) with eggs and bacon

### GF Lunch Ideas:

- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Apple-Apricot Chicken Salad](#) with fresh veggies