

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 20-26 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">One Skillet Coconut Curry Chicken</a> and Garden Salad with cucumber and tomato	<a href="#">Broiled Fish Tacos</a> with Homemade <a href="#">Pico de Gallo</a> and Diced Avocado and <a href="#">Jicama Tortillas</a>	<a href="#">Sweet-n-Spicy Crockpot Chicken</a> , Leftover <a href="#">Cauli-Rice</a> and Steamed Broccoli	<a href="#">Turkey-Veggie Meatloaf</a> , Mashed Potatoes and <a href="#">Lemon Garlic Green Beans</a>	<a href="#">Mexican Sweet Potato Soup</a> <i>(use chicken stock)</i> topped with Sliced Avocado Spinach Salad with Apples, Walnuts and Queso Fresco	<a href="#">Lemon-Garlic Chicken</a> , Leftover Mashed Potatoes and Steamed Broccoli	Leftover <a href="#">Mexican Sweet Potato Soup</a> topped with Sliced Avocado Garden Salad topped with leftover shredded <a href="#">Lemon-Garlic Chicken</a>
Daily Prep	Defrost fish fillets in fridge overnight	Save leftover cauli-rice for Tues' dinner		Make a double batch of mashed potatoes, save half for Friday	Make a double batch of soup, save half for Saturday	Shred and save any leftover chicken for topping salad on Saturday	

## 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:

- [Coconut Flour Banana Pancake Buddies](#) with fresh berries
- [Southwestern Breakfast Casserole](#)
- [Egg & Sausage or Bacon Biscuits](#) with sliced fruit
- [Grab-n-Go Pancake Muffins](#) with boiled eggs

### GF Lunch Ideas:

- [Greek Salad Wraps](#) with sliced fruit
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit
- [Waldorf Salad](#) (replace buttermilk with coconut milk)