

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 April 10-23 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Cilantro Lime Chicken</u> (pan sear or grill) with Veggies and Basmati Rice</p>	<p>Featured Recipe: <u>Slow Cooker Apple Cider Pulled Pork</u> with Mashed Sweet Potatoes & <u>Green Beans</u></p>	<p><u>Grilled Chicken Mexican Salad Bowls</u> (use leftover grilled chicken) with <u>Baked Potatoes</u></p>	<p><u>BBQ Pork Sliders</u> (use leftover <u>Pulled Pork</u>) with <u>Roasted Sweet Potato Bites</u></p>	<p><u>Slow Cooker Pulled Pork Chili</u> (omit beef, add 2 cups leftover pulled pork & add black beans, if desired) serve over Basmati Rice w/Cornbread</p>	<p><u>Pulled Pork Mango Bowls</u> (Add leftover <u>Pulled Pork</u> and plantains to bowls; top with mango salsa & avocado)</p>	<p>Chili-Topped <u>Slow Cooker Baked Potatoes</u> (use leftover chili to top potatoes; add additional toppings such as shredded cheese) with Garden Salad</p>
<p>To get 2 meals: Make & freeze extra chix for Tues. Make extra rice for Fri.</p>	<p>To get 4 meals: Make double batch and save for Wed's, Thurs' & Fri's dinners</p>		<p>Make extra sweet potato bites for Fri's dinner</p>	<p>To get 2 meals: Save extra chili for Saturday's dinner</p>		<p>Easter Weekend Treat! Try our favorite <u>Cinnamon Crumb Coffee Cake</u></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Easter Menu: <u>Pineapple Glazed Ham</u> with <u>Au Gratin Potatoes</u> and <u>Lemon-Garlic Green Beans</u></p>	<p><u>Grilled Ham Sandwiches</u> (use leftover ham; omit chowchow in recipe) serve with Tomato Soup and <u>Honey-Lime Fruit Salad</u></p>	<p><u>Chicken Verde Lettuce Wraps</u> with <u>Cilantro Rice</u></p>	<p>New Favorite! <u>Creamy Sausage Pasta</u> (use mild ground Italian sausage instead; if GF use GF pasta) Garden Salad</p>	<p>Breakfast for Dinner! <u>Almond Flour Pancakes</u> with Mixed Berries and <u>Veggie Egg Scramble</u></p>	<p>Leftover Chicken Verde served over <u>Butternut Squash Pasta</u> (or serve over leftover rice from Tues' dinner) with Garden Salad</p>	<p><u>Savory Sausage Soup</u> Garden Salad with Avocado, Cucumber and Tomatoes <u>Almond Flour Biscuits</u></p>
<p>To get 2 meals: Save extra ham for Monday's dinner</p>		<p>To get 2 meals: Make extra chicken for Fri's dinner</p>	<p>To get 2 meals: Sauté extra sausage for use in Sat's dinner</p>			
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> • <u>Baked Egg Avocado Boats</u> with sliced fruit • <u>Blueberry Muffins</u> with eggs over easy and bacon • <u>Simple Hash Browns</u> with Eggs Over Easy 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> • <u>Spring Cleaning Detox Salad</u> • <u>Tomato-Basil Cheese Pie</u> with mesclun greens • <u>Cauli-Pizza Bites</u> with salad 			