







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 12-25 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Easter Sunday Menu: Pineapple Glazed Ham with Au Gratin Potatoes and Lemon-Garlic Green Beans	Turmeric Beef Fried Rice with Cilantro Rice	Cilantro Lime Grilled Chicken with Grilled Veggies and leftover Cilantro Rice	Slow Cooker Taco Soup <i>(add leftover ground beef from Monday's dinner; serve with your favorite toppings such as diced avocado, cilantro and a dollop of sour cream)</i>	<i>Featured recipe:</i> Strawberry Cobb Salad <i>(save time & use leftover Cilantro Chicken instead)</i> serve with Almond Flour Biscuits	Deconstructed Stuffed Pepper Bowls <i>(add leftover ground beef after cooking the veggies and cook until meat is warmed thru)</i> serve over Cilantro Rice	Slow Cooker Baked Potato Buffet <i>(top with leftover ground beef & grilled veggies; as well as bacon bits, cheese sour cream, etc.)</i> Garden Salad
Easter Treat! Try our favorite Banana Pudding Cake	To get 4 meals: Cook all ground beef needed for Wed's, Fri's and Sat's dinners; make xtra rice	To get 2 meals: Make extra chicken for Thurs' dinner; grill extra veggies for Sat	Recipe Note: If desired, cauliflower can be substituted with pre-cooked rice at end of cook time.	Make extra bacon for Saturday's dinner		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Grilled Herb Turkey Breasts with Roasted Sweet Potato Bites and Green Beans	Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice	Sloppy Turkey Joes and leftover Roasted Sweet Potato Bites	Harvest Turkey Salad <i>(use leftover grilled turkey and top with leftover Sweet Potato Bites)</i>	Sloppy Joe Topped Sweet Potatoes <i>(use leftover turkey sloppy joes from Tues)</i> serve with Garden Salad & Healthy Ranch Dressing	Beef & Veggie Burrito Bowls <i>(use leftover shredded beef and leftover rice from Monday's dinner)</i>	Easy Potato Soup <i>(add leftover diced grilled turkey and if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour)</i> Garden Salad
To get 3 meals: Grill extra turkey for Wed & freeze xtra for Sat; make xtra sw.pot.bites for Tues & Wed	To get 2 meals: Make extra rice and save leftover shredded beef for Fri's dinner	To get 2 meals: Make extra sloppy joes to top potatoes for Thurs' dinner				

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Overnight Oats in a Jar](#) (or [Grain-Free Porridge](#))
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- [Easy Lunchbox Wraps](#) with fruit (Happy Back-2-School!)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey Salad Boats](#) with fresh fruit (use leftover turkey)