















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 24-May 7 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Easy Beef &amp; Broccoli Bowls</a> and <a href="#">Cilantro Rice</a>	Featured recipe: <a href="#">Pan-Seared Balsamic Chicken</a> topped with <a href="#">Strawberry Salsa</a> and leftover <a href="#">Cilantro Rice</a>	<a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a> with leftover <a href="#">Cilantro Rice</a>	<a href="#">Pesto "Pasta" with Zoodles</a> or use GF Pasta (top with leftover diced balsamic chix) Garden Salad with <a href="#">Italian Dressing</a>	<a href="#">Pulled Pork Tacos</a> (use leftover pulled pork) with leftover <a href="#">Cilantro Rice</a>	<a href="#">Veggie &amp; Beef Stir Fry</a> (simply add leftover beef from Sunday at end of cook time)	<a href="#">Loaded Baked Potato Soup</a> with Garden Salad and <a href="#">Italian Dressing</a>
<b>To get 2 meals:</b> Make extra beef & freeze for Fri; make xtra rice for Mon, Tues, Thurs	<b>To get 2 meals:</b> Make extra chicken for Wed's dinner	<b>To get 2 meals:</b> Make/save extra chicken for Fri's dinner		Put leftover frozen beef in fridge overnight to thaw		<b>Weekend Treat!</b> Try our favorite <a href="#">Chocolate-Raspberry Brownie Bites</a>

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<a href="#">Roasted Lemon Spatchcock Chicken</a> with Mashed Potatoes and Mesclun Greens Salad	<a href="#">Sausage Hash Brown Casserole</a> serve with Fruit Salad and <a href="#">Almond Flour Biscuits</a>	<a href="#">Easy Pepper Steak</a> with Basmati Rice	<a href="#">Slow Cooker Sweet &amp; Spicy Chicken</a> top with Steamed Broccoli serve over leftover Basmati Rice	<b>Happy Cinco de Mayo!</b> <a href="#">Baked Chicken Tacos!</a> (use leftover shredded roast chicken) serve with <a href="#">Homemade Guacamole</a>	<a href="#">Steak &amp; Eggs Rancheros</a> (use leftover steak from Tues) <a href="#">Pico de Gallo</a> with Garden Salad	<b>New Favorite!</b> <a href="#">Italian Harvest Soup</a> (add leftover sausage at end of cooktime to warm through) Garden Salad
<b>To get 3 meals:</b> Roast 2 chickens; shred extra chix for Thurs' dinner; make bone broth with bones	<b>To get 2 meals:</b> Cook extra sausage & freeze for Sat's dinner	<b>To get 2 meals:</b> Sauté extra steak for use in Fri's dinner			Put leftover frozen sausage in fridge overnight to thaw	

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Cinnamon-Apple Muffins](#) with scrambled eggs
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

### GF Lunch Ideas:

- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens