

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 28-May 11 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Grilled Herb Seasoned Turkey</a> with <a href="#">Veggie Confetti</a> <a href="#">Cauli-Rice</a> or Basmati Rice <i>(if using basmati rice, simply add sautéed veggies to precooked rice)</i></p> <p><b>To get 2 meals:</b> Grill extra turkey for Fri's soup; make extra rice for Mon's dinner</p>	 <p><a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a> with leftover confetti rice</p> <p><b>To get 2 meals:</b> Make/save extra pulled chicken for Thurs' dinner</p>	 <p><a href="#">Grilled Fajita Steak Salad</a> with <a href="#">Pico de Gallo</a></p> <p><b>To get 2 meals:</b> Grill extra steak for use in Sat's dinner</p>	 <p><a href="#">Slow Cooker Chicken Teriyaki</a> with <a href="#">Cilantro Rice</a> or <a href="#">Cauli-Rice</a></p> <p>Make extra rice and save for Thurs' and Sat's dinners</p>	 <p><b>Caribbean Chicken Bowls</b> serve <a href="#">leftover pulled chicken</a> over Cauli-Rice or Basmati Rice top with <a href="#">Grilled Veggies</a></p>	 <p><a href="#">Creamy Chicken &amp; Veggies Soup</a> <i>(use leftover diced <a href="#">grilled herb turkey</a>)</i> with <a href="#">Almond Flour Biscuits</a></p>	 <p><b>Steak Fajita Bowls</b> with <a href="#">Cauli-Rice</a> or Basmati Rice <i>(warm <a href="#">leftover grilled steak</a> &amp; peppers; serve over rice with <a href="#">pico de gallo</a> and avocado)</i></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Zucchini Lasagna Casserole</a> <i>(substitute 1 Tbsp balsamic vinegar for red wine)</i> Mesclun Salad</p> <p><b>To get 2 meals:</b> Brown extra ground beef &amp; save for use in Tues' chili dinner</p>	 <p><a href="#">Pan Seared Balsamic Chicken with Pesto Zoodles</a> Garden Salad <i>(or use GF pasta)</i></p> <p><b>To get 2 meals:</b> Make/freeze extra chicken for Sat make extra pesto for Fri's dinner</p>	 <p><a href="#">Slow Cooker Sweet Potato Chili</a> <i>(Substitute sweet potato with 1 can drained black beans, if desired)</i> serve with Cornbread</p> <p><b>To get 2 meals:</b> Save extra chili for use in Thurs' dinner</p>	 <p><a href="#">Lemon-Herb Baked Fish</a> topped with <a href="#">Strawberry Salsa</a> with <a href="#">Cilantro Rice</a> or <a href="#">Cauli-Rice</a></p> <p>Make extra rice for Fri's and Sat's dinners</p>	 <p><b>Chili-Topped Slow Cooker Baked Potatoes</b> with Garden Salad <i>(use <a href="#">leftover chili</a> to top potatoes)</i></p> <p>Make extra baked potatoes for Sat's dinner</p>	 <p><a href="#">Grilled Pesto Chicken Skewers</a> <i>(use leftover pesto)</i> serve with leftover rice</p>	 <p><a href="#">Grilled Chicken Mexican Salad Bowls</a> <i>(use leftover grilled chicken and serve with leftover baked potatoes)</i></p>
Delicious Gluten-Free Breakfast and Lunch Ideas						
<b>GF Breakfast Ideas:</b> <ul style="list-style-type: none"> <li><a href="#">Blueberry Scones</a> with scrambled eggs</li> <li><a href="#">Baked Egg Avocado Boats</a> with sliced fruit</li> <li><a href="#">Sausage Biscuit Nests</a> with <a href="#">Strawberry Chia Jam</a></li> </ul>				<b>GF Lunch Ideas:</b> <ul style="list-style-type: none"> <li><a href="#">Egg Roll in a Bowl</a></li> <li>Use <a href="#">leftover chili</a> to make chili dogs</li> <li><a href="#">Turkey Salad Boats</a> <i>(or use leftover grilled chicken)</i></li> </ul>		