

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 Aug 30-sept 12 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Easy Beef & Broccoli Bowls with Basmati Rice	Featured recipe: Chicken Verde Lettuce Wraps with Cilantro Rice	Slow Cooker Sweet & Spicy Chicken top with Steamed Broccoli serve over leftover Basmati Rice	Family Fun! Make Your Own Tacos top with Homemade Guacamole serve with leftover Cilantro Rice	Leftover Chicken Verde served over Butternut Squash Pasta (or serve over leftover rice) with Garden Salad	Veggie & Beef Stir Fry (simply add leftover beef from Sunday at end of cook time)	Easy Taco Salad (save time and use leftover veggie taco meat from Wednesday) top with Cinnamon Dusted Plantains
To get 2 meals: Make extra beef & freeze for use in Fri's dinner; make extra rice	To get 2 meals: Make extra chix for Thurs' dinner; make extra rice for Wed's dinner		To get 2 meals: Make extra taco meat and save for Sat's dinner			Weekend Treat! Try our favorite Strawberry Shortcakes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes and Homemade Coleslaw	Grilled Herb Chicken with Seasoned Grilled Veggies and Baked Sweet Potatoes	BBQ Pork Sliders (use leftover Pulled Pork) with leftover Homemade Coleslaw	Grilled Chicken Mexican Salad Bowls (use leftover grilled chicken) Baked Potatoes	Leftover Pulled Pork Mango Bowls (Add leftover rice to bowls, top with leftover Pulled Pork and veggies, plus diced mango & avocado. Yum!)	Easy & Tasty Breakfast Hash (use leftover pulled pork and roasted sweet potato bites for a quick meal!) Almond Flour Biscuits	Roasted Chicken Chili (use leftover grilled chicken) serve with Cornbread
To get 4 meals: Make double batch and save for Tues', Thurs' & Fri's dinners	To get 3 meals: Grill extra chix & save for Wed's & Sat's dinners					
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • Veggie Scramble and leftover Cinnamon Plantains • Turkey Sausage Patties with scrambled eggs and fruit • Blueberry Muffins with eggs over easy and bacon 			GF Lunch Ideas: <ul style="list-style-type: none"> • Carrot-Cheddar Sandwich with pineapple slices • 5-Minute Salmon Salad in Green Wraps • Tomato-Basil Cheese Pie with mesclun greens 			