







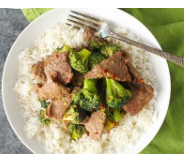






All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

The nourishing home December 8-21 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Korean Style Beef Bowl with Basmati Rice (make extra rice) and Steamed Broccoli</p> <p>To get 3 meals: Brown 5 lbs beef; reserve 2 lbs for this recipe; then season the rest w/taco season for Tues & Thurs</p>	<p>Cilantro Lime Grilled Chicken with Grilled Veggies and Leftover Basmati Rice</p> <p>To get 3 meals: Make & freeze extra grilled chicken for Wed's & Sat's dinners</p>	<p>Easy Taco Salad (save time and use leftover taco meat from Sun; toss in leftover grilled veggies from Mon) top with Cinnamon Dusted Plantains</p>	<p>One-Skillet Mediterranean Chicken (use leftover grilled chicken) Spinach Salad with Avocado, Cucumber and Tomatoes Italian Dressing</p> <p>Make extra salad and dressing for Fri's dinner</p>	<p>Breakfast Nachos (use leftover taco meat instead, top with shredded cheese, if desired) Pico de Gallo and Honey-Lime Fruit Salad</p>	<p>Slow Cooker Beef Stew with Spinach Salad with Avocado, Cucumber and Tomatoes Italian Dressing</p>	<p>Roasted Chicken Chili (use leftover grilled chicken from Monday) serve with Cornbread</p> <p>Holiday Treat! Enjoy decorating cookies together! Holiday Cookie Cut-Outs</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Chicken Verde Lettuce Wraps with Cilantro Rice</p> <p>To get 2 meals: Make extra chicken for Thurs' dinner</p>	<p>Savory Sausage & White Bean Soup Garden Salad with Avocado, Cucumber and Tomatoes</p> <p>To get 3 meals: Sauté extra sausage & freeze for use in Wed's & Fri's dinners</p>	<p>Easy Beef & Broccoli Bowls with Cauli Rice or Basmati Rice</p> <p>To get 2 meals: Make extra steak & freeze for use in Sat's dinner</p>	<p>Zucchini Breakfast Bake (use leftover diced sausage; mix in 1/2 cup of shredded cheese, if desired) Almond Flour Biscuits</p> <p>Make extra biscuits for Fri's dinner</p>	<p>Leftover Chicken Verde served over Butternut Squash Pasta (or serve over leftover rice from Tues' dinner) with Garden Salad</p>	<p>Rustic Veggie Soup (Add leftover frozen sausage at end of cook time to warm thru) and leftover Almond Flour Biscuits</p>	<p>Veggie & Beef Stir Fry (simply add leftover beef from Tuesday's dinner at end of cook time)</p>

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Blueberry Muffins](#) with eggs over easy and bacon
- [Southwestern Breakfast Casserole](#) with sliced fruit

GF Lunch Ideas:

- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Cauli-Pizza Bites](#) with salad