








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 Feb 27-Mar 12 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Marinara &amp; Meatballs</a> served over Zoodles (or GF pasta) Garden Salad</p>	<p><a href="#">Easy Beef &amp; Broccoli Bowls</a> and <a href="#">Cilantro Rice</a></p>	<p><a href="#">Slow Cooker Sweet Potato Chili</a> serve with <a href="#">Almond Flour Biscuits</a></p>	<p><a href="#">Sloppy Turkey Joes</a> and <a href="#">Roasted Sweet Potato Bites</a></p>	<p><a href="#">Meatball Subs</a> (top subrolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	<p><a href="#">Veggie &amp; Beef Stir Fry</a> (simply add leftover beef from Monday at end of cook time)</p>	<p><a href="#">Chili-Topped Slow Cooker Baked Potatoes</a> (use leftover chili to top potatoes; add additional toppings such as shredded cheese) with Garden Salad</p>
<p><b>To get 2 meals:</b> Save extra sauce and meatballs for use in Thurs' dinner</p>	<p><b>To get 2 meals:</b> Make extra beef for use in Fri's dinner</p>	<p><b>To get 2 meals:</b> Brown extra meat for Wed's dinner and make extra chili for Saturday</p>				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Apple Cider Pulled Pork</a> with Mashed Sweet Potatoes and <a href="#">Homemade Coleslaw</a></p>	<p><i>Featured Recipe:</i> <a href="#">Grilled Herb Turkey Breasts</a> (or cook on skillet) with <a href="#">Roasted Sweet Potato Bites</a> and Green Beans</p>	<p><a href="#">Easy Pepper Steak</a> with Basmati Rice</p>	<p><a href="#">Pulled Pork Mango Bowls</a> (Add leftover <a href="#">Pulled Pork</a> and plantains to bowls; top with mango salsa &amp; avocado)</p>	<p><b>New Favorite!</b> <a href="#">Leftover Pepper Steak Sandwiches</a> (if preferred, use subrolls) with Garden Salad</p>	<p><a href="#">Harvest Turkey Salad</a> (use leftover turkey &amp; sweet potato bites from Monday's dinner)</p>	<p><a href="#">Pulled Pork Tacos</a> (use leftover pulled pork) with Leftover <a href="#">Cilantro Rice</a></p>
<p><b>To get 3 meals:</b> Make double batch and save for Wed &amp; Sat</p>	<p><b>To get 2 meals:</b> Make extra turkey &amp; extra sweet potato bites for Friday</p>	<p><b>To get 2 meals:</b> Sauté extra steak &amp; peppers for use in Thurs' dinner</p>				

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

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

### GF Lunch Ideas:

- [Turkey Salad Boats](#) with fresh fruit (use leftover turkey)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- Leftover [Slow Cooker Baked Potato](#) with salad