All <u>underlined text</u> 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 13-26 GF whole food meal plan						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<u>Slow Cooker</u> <u>Caribbean</u> Pulled Chicken <u>Wraps</u> with <u>Cilantro Rice</u>	Happy Valentine's Day Dinner! Bacon-Wrapped <u>Steak</u> with Baked Potatoes <u>Apple-Spinach</u> <u>Salad</u>	Pulled Pork Tacos (use leftover pulled pork) with Leftover Cilantro Rice	Sausage & Kale Breakfast Casserole (replace ground sausage with fine-diced link sausage) Honey-Lime Fruit Salad	Leftover Steak Caesar Salad (use leftover steak and your favorite bottled dressing to make this meal even easier!) serve with leftover soup or baked potato	New Favorite! Pulled Pork Nachos with Homemade Guacamole	Savory Sausage & White Bean Soup (add leftover sausage at end of cooktime to warm through) Garden Salad
To get 3 meals: Make/save extra chicken for Tues' & Fri's dinner; make extra rice for Tuesday	To get 2 meals: Make extra steak for Thurs' dinner		To get 2 meals: Cook extra sausage links for Sat's dinner			Weekend Treat Try our yummy Fall Favorite Decadent Fudge Brownies
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime)	Easy Taco Skillet serve with GF Tortillas and leftover Cilantro Rice	Baked Chicken Tacos! (use leftover shredded roast chicken) serve with Homemade Guacamole	Easy Taco Salad (save time and use leftover taco meat from Monday) top with <u>Cinnamon</u> <u>Dusted</u> Plantains	Спіскеп	Beef Taco Lettuce Cups (use leftover taco meat after cooking veggies to warm through serve over rice) with leftover plantains and Cilantro Rice	Featured recipe Chicken Pho Bowl with Bean Sprouts, Thai Basil, Lime Wedges (or substitute w/rice noodles)
To get 3 meals: Roast an xtra chix, for Tues & Fri's dinners; use bones to make broth for soup	To get 3 meals: Cook extra taco meat & save for Wed's & Fri's dinners		Make extra plantains for Fri's dinner			
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas:GF Lunch Ideas:• Lemon Poppy Seed Muffins with boiled eggs and fruit• 5-Minute Salmon Salad in Green Wraps• Southwestern Breakfast Casserole with sliced fruit• Healthy Greens Wrap with sliced fruit• Simple Hash Browns with Eggs Over Easy• Carrot-Cheddar Sandwich with pineapple slices						