















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 13-26 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>To get 3 meals:</b> Make/save extra chicken for Tues' & Fri's dinner; make extra rice for Tuesday	<b>To get 2 meals:</b> Make extra steak for Thurs' dinner		<b>To get 2 meals:</b> Cook extra sausage links for Sat's dinner			<b>Weekend Treat!</b> Try our yummy Fall Favorite <u>Decadent Fudge Brownies</u>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>To get 3 meals:</b> Roast an extra chix, for Tues & Fri's dinners; use bones to make broth for soup	<b>To get 3 meals:</b> 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:

- Lemon Poppy Seed Muffins with boiled eggs and fruit
- Southwestern Breakfast Casserole with sliced fruit
- Simple Hash Browns with Eggs Over Easy

### GF Lunch Ideas:

- 5-Minute Salmon Salad in Green Wraps
- Healthy Greens Wrap with sliced fruit
- Carrot-Cheddar Sandwich with pineapple slices