








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 January 17-30 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad</p>	<p>Jalapeño Turkey Burgers with Homemade Guacamole and Roasted Sweet Potato Bites</p>	<p>New Favorite! Easy Healthy Chicken Ramen (if GF use rice noodles instead) with Garden Salad</p>	<p>Family Fun! Croco-Tacos serve with Homemade Guacamole</p>	<p><i>Breakfast for Dinner!</i> Almond Flour Pancakes with Mixed Berries and Veggie Egg Scramble</p>	<p>Leftover Burger Bowls with Secret Sauce (use leftover turkey burgers and sweet potato bites)</p>	<p>Easy Taco Salad (save time and use leftover taco meat) top with Cinnamon Dusted Plantains</p>
<p>To get 2 meals: Save extra chicken for Tues' dinner; use bones to make broth</p>	<p>To get 2 meals: Make xtra burgers for Fri's dinner; make extra guac for Wed's dinner</p>		<p>To get 2 meals: Make extra taco meat for Sat's dinner</p>			<p>Weekend Treat! Try our favorite Raspberry Crumble Bars</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Savory Cottage Pie with Mixed Greens Salad with Healthy Ranch Dressing</p>	<p>Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice</p>	<p>Slow Cooker Buffalo Chicken Sliders with Sweet Potato Buns (or use your favorite buns)</p>	<p>Easy & Tasty Breakfast Hash (use leftover shredded beef) Almond Flour Biscuits</p>	<p>Beef & Veggie Burrito Bowls (use leftover shredded beef and leftover rice from Monday's dinner)</p>	<p>One Skillet Quinoa Turkey Tacos (add leftover ground turkey after cooking quinoa & veggies to warm thru) serve with GF tortillas or lettuce leaves</p>	<p>Buffalo Chicken Sweet Potatoes (use leftover Buffalo Chicken from Tues) serve with Garden Salad</p>
<p>To get 2 meals: Brown extra ground turkey for Fri's dinner</p>	<p>To get 2 meals: Make extra rice and save leftover shredded beef for Thurs' dinner</p>	<p>To get 2 meals: Make & save extra chicken to use to top sweet potatoes for Sat's dinner</p>	<p>Save extra biscuits for breakfast</p>			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Simple Hash Browns](#) with Eggs Over Easy
- [Egg & Sausage Biscuits](#) with sliced fruit

GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with fresh fruit
- [Egg Roll in a Bowl!](#)