

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 July 19-Aug 1 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Baked Pasta w/Sausage</a> (replace sage with fresh basil instead; if GF use GF pasta) Garden Salad</p>	<p>Featured recipe: <a href="#">Cilantro Lime Chicken</a> (pan sear or grill) with Veggies and Basmati Rice</p>	<p><a href="#">Slow Cooker Baked Potato Buffet</a> (top with leftover diced chicken &amp; grilled veggies; as well as leftover bacon, cheese sour cream, etc.) Garden Salad</p>	<p><a href="#">Chicken Enchilada Skillet</a> (add leftover diced grilled chicken at end of cooktime) with <a href="#">Cilantro Rice</a></p>	<p><a href="#">Veggie Quiche with Hash Brown Crust</a> (use leftover sausage from Sunday) Mixed Greens Salad &amp; Sliced Fresh Fruit</p>	<p><a href="#">Chicken Fajita Bowls</a> (use leftover grilled chicken and leftover rice) Sliced Avocado</p>	<p><a href="#">Savory Sausage &amp; White Bean Soup</a> (add leftover sausage at end of cooktime to warm through) Garden Salad</p>
<p><b>To get 3 meals:</b> Cook extra sausage and freeze for Thurs' &amp; Sat' dinners</p>	<p><b>To get 3 meals:</b> Make grilled chix &amp; save for Tues Wed and Fri; grill xtra veggies</p>		<p>Make extra rice for Fri's dinner</p>		<p>*Just toss in the chicken at the end of recipe to re-warm &amp; combine with the veggies and seasonings</p>	<p><b>Weekend Treat!</b> Try our favorite <a href="#">Cinnamon Crumb Coffee Cake</a></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Easy Pepper Steak</a> with Basmati Rice</p>	<p><a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a> with <a href="#">Cilantro Rice</a></p>	<p><a href="#">Easy Taco Skillet</a> serve with GF Tortillas and leftover <a href="#">Cilantro Rice</a></p>	<p><a href="#">Steak &amp; Eggs Rancheros</a> (use leftover steak) <a href="#">Pico de Gallo</a> with Garden Salad</p>	<p><a href="#">Easy Taco Salad</a> (save time and use leftover veggie taco meat from Tuesday) top with <a href="#">Cinnamon Dusted Plantains</a></p>	<p><a href="#">Caribbean Chicken Bowls</a> serve leftover pulled pork over <a href="#">Cilantro Rice</a> top with diced fresh mango, leftover fried plantains &amp; red pepper slices</p>	<p><a href="#">Beef Taco Lettuce Cups</a> (use leftover taco meat after cooking veggies to warm through serve over rice) and leftover <a href="#">Cilantro Rice</a></p>
<p><b>To get 2 meals:</b> Sauté extra steak for use in Wed's dinner</p>	<p><b>To get 2 meals:</b> Make/save extra pulled chicken for Fri's dinner</p>	<p><b>To get 3 meals:</b> Cook extra veggie tacos and save for Thurs' &amp; Sat's dinners</p>		<p>Make extra plantains for Fri's dinner</p>	<p>Make extra rice for Sat's dinner</p>	

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Veggie Scramble](#) and leftover [Cinnamon Plantains](#)
- [Simple Hash Browns](#) with Eggs Over Easy
- [Banana Bread](#) with scrambled eggs

### GF Lunch Ideas:

- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Apple-Apricot Chicken Salad](#) with fresh veggies