

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 5-18 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Grilled Herb Chicken</u> with <u>Seaned Grilled Veggies</u> and <u>Baked Sweet Potatoes</u>	Featured recipe: <u>Slow Cooker Apple Cider Pulled Pork</u> with Mashed Sweet Potatoes and <u>Green Beans</u>	<u>Grilled Chicken Mexican Salad Bowls</u> (use leftover grilled chicken) <u>Baked Potatoes</u>	<u>BBQ Pork Sliders</u> (use leftover <u>Pulled Pork</u>) with <u>Roasted Sweet Potato Bites</u>	<u>Easy & Tasty Breakfast Hash</u> (use leftover pulled pork and roasted sweet potato bites for a quick meal!) <u>Almond Flour Biscuits</u>	<u>Leftover Pulled Pork Mango Bowls</u> (Add leftover rice to bowls, top with leftover <u>Pulled Pork</u> and veggies, plus diced mango & avocado. Yum!)	<u>Roasted Chicken Chili</u> (use leftover grilled chicken) serve with Cornbread
To get 3 meals: Grill extra chix & save for Tues' & Sat's dinners	To get 4 meals: Make double batch and save for Wed's, Thurs' & Fri's dinners		Make extra sweet potato bites for Thurs' dinner	Make extra biscuits for Sat's dessert!		Weekend Treat! Try our favorite <u>Strawberry Shortcakes</u>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Easy Beef & Broccoli Bowls</u> with Basmati Rice	<u>Chicken Verde Lettuce Wraps</u> with <u>Cilantro Rice</u>	<u>Savory Sausage & White Bean Soup</u> Garden Salad with Avocado, Cucumber and Tomatoes	<u>Slow Cooker Sweet & Spicy Chicken</u> top with Steamed Broccoli serve over leftover Basmati Rice	Leftover Chicken Verde served over <u>Butternut Squash Pasta</u> (or serve over leftover rice) with Garden Salad	<u>Veggie & Beef Stir Fry</u> (simply add leftover beef from Sunday at end of cook time)	<u>Rustic Veggie Soup</u> (Add leftover frozen sausage at end of cook time to warm thru) and leftover <u>Almond Flour Biscuits</u>
To get 2 meals: Make extra beef & freeze for use in Fri's dinner; make extra rice	To get 2 meals: Make extra chicken for Thurs' dinner	To get 2 meals: Sauté extra sausage & freeze for Sat's dinner				
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • <u>Turkey Sausage Patties</u> with scrambled eggs and fruit • <u>Blueberry Muffins</u> with eggs over easy and bacon • <u>Southwestern Breakfast Casserole</u> with sliced fruit 			GF Lunch Ideas: <ul style="list-style-type: none"> • <u>5-Minute Salmon Salad</u> in <u>Green Wraps</u> • <u>Tomato-Basil Cheese Pie</u> with mesclun greens • <u>Cauli-Pizza Bites</u> with salad 			