

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 June 7-20 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Roasted Lemon Spatchcock Chicken with Baby Potatoes and Mesclun Greens Salad</p>	<p>Featured recipe: Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes</p>	<p>Tropical Chicken Lettuce Wraps with Cilantro Rice</p>	<p>Grilled Fajita Steak Salad (use leftover ribeye steak) with Pico de Gallo</p>	<p>"Next-Over" Chicken Tacos and leftover Cilantro Rice</p>	<p>Easy Pepper Steak (see note below) with Basmati Rice</p>	<p>Meatloaf Muffins Mashed Potatoes and Sweet Peas</p>
<p>To get 3 meals: Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones</p>	<p>To get 3 meals: Make extra steak for Wed's & Fri's dinners; make extra rice</p>					<p>Weekend Treat! Try our yummy Fall Favorite Decadent Fudge Brownies</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Hamburger Soup (if desired, add cheese for cheeseburger soup) serve with Garden Salad</p>	<p>Grilled Herb Chicken with Pineapple Salsa serve over Cilantro Rice</p>	<p>Slow Cooker Beef Stew with Spinach Salad with Avocado, Cucumber and Tomatoes Italian Dressing</p>	<p>Greek Style Chicken Salad (use leftover diced grilled chicken) serve with Almond Flour Biscuits</p>	<p>Breakfast Nachos (use leftover taco meat instead of sausage, top with shredded cheese, if desired) Pico de Gallo and Honey-Lime Fruit Salad</p>	<p>One-Skillet Mediterranean Chicken (use leftover grilled chicken & serve over leftover Cilantro Rice) Spinach Salad w/Avocado Italian Dressing</p>	<p>Zucchini Breakfast Bake (use leftover taco meat instead; mix in 1/2 cup of shredded cheese, if desired) Leftover Fruit Salad Almond Flour Biscuits</p>
<p>To get 3 meals: Brown extra ground meat. Add taco season to use in Thurs' & Sat's dinners</p>	<p>To get 3 meals: Grill extra chicken for Wed's & Fri's dinners; make extra rice for Fri's dinner</p>			<p>Make extra fruit salad for Sat's dinner</p>		

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Almond Flour Pancakes](#) w/ fresh berries
- [Sweet Potato Toasts](#) with sliced fruit
- [Strawberry Kiwi Acai Bowls](#) with boiled eggs

GF Lunch Ideas:

- Leftover [Slow Cooker Baked Potato](#) with salad
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Cauli-Pizza Bites](#) with salad