

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 March 15-28 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Hamburger Soup</u> (if desired, add cheese for cheeseburger soup) serve with Garden Salad</p>	<p>Featured recipe: <u>Grilled Herb Chicken with Pineapple Salsa</u> serve over <u>Cilantro Rice</u></p>	<p><u>Slow Cooker Chicken Teriyaki</u> with leftover <u>Cilantro Rice</u></p>	<p><u>Greek Style Chicken Salad</u> (use leftover diced grilled chicken and toss in extra diced veggies) serve with <u>Almond Flour Biscuits</u></p>	<p><u>Breakfast Nachos</u> (use leftover taco meat instead of sausage, top with shredded cheese, if desired) <u>Pico de Gallo</u> and <u>Honey-Lime Fruit Salad</u></p>	<p><u>One-Skillet Mediterranean Chicken</u> (use leftover grilled chicken & serve over leftover <u>Cilantro Rice</u>) Spinach Salad w/Avocado <u>Italian Dressing</u></p>	<p><u>Zucchini Breakfast Bake</u> (use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) Leftover Fruit Salad <u>Almond Flour Biscuits</u></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 Tues & Fri's dinners</p>			<p>Make extra fruit salad for Sat's dinner</p>	<p>Weekend Treat! Try our favorite <u>Double Chocolate Banana Bars</u></p>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Roasted Lemon Spatchcock Chicken</u> with Baby Potatoes and Mesclun Greens Salad</p>	<p><u>Slow Cooker Apple Cider Pulled Pork</u> with Mashed Sweet Potatoes and <u>Apple Carrot Coleslaw</u></p>	<p><u>Tropical Chicken Lettuce Wraps</u> (use leftover roasted chicken) with <u>Cilantro Rice</u></p>	<p><u>Slow Cooker Pulled Pork Chili</u> (omit beef, add 2 cups leftover pulled pork & add black beans, if desired) serve over Basmati Rice w/Cornbread</p>	<p><u>"Next-Over" Chicken Tacos</u> (use leftover roasted chicken) with leftover Coleslaw and leftover <u>Cilantro Rice</u></p>	<p><u>Pan Seared Salmon with Honey Butter</u> Mashed Potatoes and <u>Lemon-Garlic Green Beans</u></p>	<p>Chili-Topped <u>Slow Cooker Baked Potatoes</u> (use leftover chili to top potatoes; add additional toppings such as shredded cheese) with Garden Salad</p>
<p>To get 3 meals: Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones</p>	<p>To get 2 meals: Make extra pulled pork for Wed's dinner; make extra coleslaw for Thurs' dinner</p>	<p>Make extra rice for Thurs' dinner</p>	<p>To get 2 meals: Save extra chili for Saturday'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
- Use **leftover chili** to make chili dogs
- **Cauli-Pizza Bites** with salad