

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 May wks 1-2 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Pork Tenderloin with Avocado Sauce</u> with Mashed Potatoes and Green Beans	<u>Slow Cooker Marinara & Meatballs</u> served over Zoodles (or GF pasta) Garden Salad	<u>Grilled Herb Chicken with Pineapple Salsa</u> served over <u>Cilantro Rice</u>	<u>Meatball Subs</u> (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad	<u>Slow Cooker Chicken Teriyaki</u> with Basmati Rice	<u>Chicken Fajita Bowls</u> (*use leftover <u>Grilled Herb Chicken</u> and leftover <u>Cilantro Rice</u>)	<u>Rustic Veggie Soup</u> (Add leftover diced pork at end of cook time to warm through) and <u>Almond Flour Biscuits</u>
To get 2 meals: Make extra pork & freeze for Sat's dinner	To get 2 meals: Save extra sauce and meatballs for use in Wed's dinner	To get 2 meals: Grill extra chicken for Fri's dinner; make extra rice for Fri's dinner			*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings	Weekend Treat! Try our favorite <u>Banana Pudding Cake</u>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Happy Mother's Day! <u>BLT Quiche Tartelettes</u> with Mixed Greens Salad and Sausage Links	<u>Slow Cooker Apple Cider Pulled Pork</u> with Mashed Sweet Potatoes and <u>Homemade Coleslaw</u>	<u>Easy Taco Skillet</u> serve with GF Tortillas and leftover <u>Cilantro Rice</u>	<u>BBQ Pork Sliders</u> (use leftover <u>Pulled Pork</u>) with leftover <u>Homemade Coleslaw</u>	<u>Easy Taco Salad</u> (save time and use leftover taco meat from Monday) top with <u>Cinnamon Dusted Plantains</u>	<u>Pulled Pork Mango Bowls</u> (Add leftover <u>Pulled Pork</u> and plantains to bowls; top with mango salsa & avocado)	<u>Easy Skillet Lasagna</u> with Garden Salad
	To get 3 meals: Make double batch and save for Wed & Fri; make extra slaw	To get 2 meals: Cook extra taco meat & save for Thurs' dinner		Make extra plantains for Fri's dinner		

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Spring Cleaning Detox Salad](#)