

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 22-June 4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad</p>	 <p>Family Fun! Croco-Tacos serve with Homemade Guacamole</p>	 <p>Easy Healthy Chicken Ramen (if GF use rice noodles instead) with Garden Salad</p>	 <p>Beef Taco Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice) with Cilantro Rice</p>	 <p>BBQ Chicken Sandwiches (add BBQ sauce to leftover shredded chix) serve on Sweet Potato Buns (or GF buns)</p>	 <p>Grilled Salmon with Avocado Salsa with leftover Cilantro Rice</p>	 <p>New Favorite! Sheet Pan Nachos (use leftover taco meat instead to save time!) Pico de Gallo and Honey-Lime Fruit Salad</p>
<p>To get 3 meals: Make & save extra chix for Tues & Thurs; use bones to make broth</p>	<p>To get 3 meals: Make extra taco meat for Wed's & Sat's dinners</p>		<p>Make extra rice for Fri's dinner</p>			<p>Weekend Treat! Try our favorite Almond Flour Chocolate Chip Cookies</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice</p>	 <p><i>Featured recipe:</i> Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites</p>	 <p>Slow Cooker Buffalo Chicken Sliders with Sweet Potato Buns (or use your favorite GF buns)</p>	 <p>Easy & Tasty Breakfast Hash (use leftover shredded beef & swt potato bites) Almond Flour Biscuits</p>	 <p>Burger in a Bowl Salad (save time & use leftover burgers from Monday) with leftover Almond Flour Biscuits</p>	 <p>Beef & Veggie Burrito Bowls (use leftover shredded beef and leftover rice from Sunday's dinner)</p>	 <p>Buffalo Chicken Sweet Potatoes (use leftover Buffalo Chicken from Tues) serve with Garden Salad</p>
<p>To get 3 meals: Make extra shred beef for Wed's & Fri's dinners; make extra rice for Fri's dinner</p>	<p>To get 2 meals: Make extra burgers for use in Thurs' dinner; make extra S.P. bites for Wed</p>	<p>To get 2 meals: Make & save extra chicken to use to top sweet potatoes for Sat's dinner</p>				

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Egg & Sausage Biscuits](#) with sliced fruit

GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with fresh fruit
- [Egg Roll in a Bowl!](#)