

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 3-4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes &amp; Carrots serve with Garden Salad</p>	 <p><a href="#">Family Fun! Croco-Tacos</a> serve with <a href="#">Homemade Guacamole</a></p>	 <p><a href="#">Easy Healthy Chicken Ramen</a> (if GF use rice noodles instead) with Garden Salad</p>	 <p><a href="#">Beef Taco Lettuce Cups</a> (add leftover taco meat after cooking veggies to warm through &amp; serve over rice) with <a href="#">Cilantro Rice</a></p>	 <p><a href="#">BBQ Chicken Sandwiches</a> (add BBQ sauce to leftover shredded chix) serve on <a href="#">Sweet Potato Buns</a> (or GF buns)</p>	 <p><a href="#">Grilled Salmon with Avocado Salsa</a> with leftover <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Sheet Pan Nachos</a> (use leftover taco meat instead to save time!) <a href="#">Pico de Gallo</a> and <a href="#">Honey-Lime Fruit Salad</a></p>
<p><b>To get 3 meals:</b> Make &amp; save extra chix for Tues &amp; Thurs; use bones to make broth</p>	<p><b>To get 3 meals:</b> Make extra taco meat for Wed's &amp; Sat's dinners</p>		<p>Make extra rice for Fri's dinner</p>			<p><b>Weekend Treat!</b> Try our favorite <a href="#">Almond Flour Chocolate Chip Cookies</a></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Slow Cooker Shredded Beef Tacos</a> with <a href="#">Pico de Gallo</a> and <a href="#">Cilantro Rice</a></p>	<p><i>Featured recipe:</i> <a href="#">Southwestern Chicken Burgers</a> with <a href="#">Guacamole</a> and <a href="#">Roasted Sweet Potato Bites</a></p>	 <p><a href="#">Slow Cooker Buffalo Chicken Sliders</a> with <a href="#">Sweet Potato Buns</a> (or use your favorite GF buns)</p>	 <p><a href="#">Easy &amp; Tasty Breakfast Hash</a> (use leftover shredded beef &amp; swt potato bites) <a href="#">Almond Flour Biscuits</a></p>	 <p><a href="#">Burger in a Bowl Salad</a> (save time &amp; use leftover burgers from Monday) with leftover <a href="#">Almond Flour Biscuits</a></p>	 <p><a href="#">Beef &amp; Veggie Burrito Bowls</a> (use leftover shredded beef and leftover rice from Sunday's dinner)</p>	 <p><a href="#">Buffalo Chicken Sweet Potatoes</a> (use leftover <a href="#">Buffalo Chicken</a> from Tues) serve with Garden Salad</p>
<p><b>To get 3 meals:</b> Make extra shred beef for Wed's &amp; Fri's dinners; make extra rice for Fri's dinner</p>	<p><b>To get 2 meals:</b> Make extra burgers for use in Thurs' dinner; make extra S.P. bites for Wed</p>	<p><b>To get 2 meals:</b> Make &amp; save extra chicken to use to top sweet potatoes for Sat's dinner</p>				
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p><b>GF Breakfast Ideas:</b></p> <ul style="list-style-type: none"> <li><a href="#">Lemon Poppy Seed Muffins</a> with boiled eggs and fruit</li> <li><a href="#">Fruit &amp; Yogurt Parfait</a> with boiled eggs</li> <li><a href="#">Egg &amp; Sausage Biscuits</a> with sliced fruit</li> </ul>			<p><b>GF Lunch Ideas:</b></p> <ul style="list-style-type: none"> <li><a href="#">Healthy Greens Wrap</a> with sliced fruit</li> <li><a href="#">Turkey BLT Roll-Ups</a> with fresh fruit</li> <li><a href="#">Egg Roll in a Bowl!</a></li> </ul>			