

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 24-June 6 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Featured Recipe: Grilled Herb Turkey Breasts with Roasted Sweet Potato Bites and Green Beans</p>	 <p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p>	 <p>Harvest Turkey Salad (use leftover Grilled Turkey and leftover Sweet Potato Bites)</p>	 <p>Baked Chicken Parmesan with Zoodles (or GF pasta) Garden Salad</p>	 <p>Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	 <p>Leftover Baked Chicken Tenders with Roasted Sweet Potato Bites and Garden Salad</p>	 <p>"Next-Over" Turkey Tacos (use leftover diced turkey) serve with Cilantro Rice</p>
<p>To get 2 meals: Grill/freeze extra turkey for Tues' & Sat's dinners; make extra S.P. bites for Tues</p>	<p>To get 3 meals: Save extra sauce and meatballs for use in Wed's and Thurs' dinners</p>		<p>To get 2 meals: Bake extra chicken tenders for use in Fri's dinner</p>			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Jalapeño Turkey Burgers with Guacamole and Roasted Sweet Potato Bites</p>	 <p>Slow Cooker Chicken Verde Lettuce Wraps with Cilantro Rice</p>	 <p>Taco Breakfast Casserole (if desired, mix in 1 cup cooked black beans & 1/2 cup of shredded cheese prior to baking) and leftover Roasted Sweet Potato Bites</p>	 <p>Leftover Burger Salad with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado</p>	 <p>Korean Style Beef Bowl with leftover rice and Steamed Broccoli</p>	 <p>Leftover Chicken Verde served over Butternut Squash Pasta with Garden Salad</p>	 <p>Deconstructed Stuffed Pepper Bowls (add leftover ground beef after cooking the veggies and cook until meat is warmed thru) w/leftover Cilantro Rice</p>
<p>To get 2 meals: Make extra burgers for use in Wed's dinner; make extra S.P. bites for Tues</p>	<p>To get 2 meals: Make double batch of chicken verde for Friday and triple the rice for Thurs & Sat</p>	<p>To get 3 meals: Cook all the ground beef needed for Tues, Thurs' and Sat's dinners</p>				

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Grab-n-Go Pancake Muffins](#) with boiled eggs
- [Sweet Potato Toasts](#) with sliced fruit
- [Strawberry Kiwi Acai Bowls](#) with boiled eggs

GF Lunch Ideas:

- [Egg Roll in a Bowl](#)
- [Spring Cleaning Detox Salad](#)
- [Turkey, Cranberry & Apple Salad](#) with mesclun greens