

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 November 10-23 Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Grilled Herb Turkey Breasts</u> with <u>Roasted Sweet Potato Bites</u> and Green Beans</p>	 <p><u>Korean Style Beef Bowl</u> top with diced avocado with <u>Cauli Rice</u> or Basmati Rice Steamed Broccoli</p>	 <p><u>Slow Cooker Taco Soup</u> (serve with your favorite toppings such as diced avocado, cilantro and a dollop of sour cream)</p>	 <p><u>Greek Style Turkey Salad</u> (save time and use leftover diced grilled turkey) with <u>Almond Flour Biscuits</u></p>	 <p><u>Taco Breakfast Casserole</u> (if desired, mix in 1 cup cooked black beans & 1/2 cup of shredded cheese prior to baking) serve w/leftover <u>Roasted Sweet Potato Bites</u></p>	 <p><u>Chicken & Veggie Bites</u> serve with leftover <u>Roasted Sweet Potato Bites</u> Garden Salad <u>Healthy Ranch Dressing</u></p>	 <p><u>Turkey Tortilla Soup</u> (omit chicken in recipe; add leftover diced turkey at end of cook time) serve with leftover Greek Salad</p>
<p>To get 3 meals: Grill xtra turkey 4 Wed & (freeze) 4 Sat; make xtra sw.pot.bites 4 Thurs' & Friday</p>	<p>To get 3 meals: Cook all ground beef needed for Mon, Tues & Thurs; make xtra rice for Tuesday</p>	<p>Note: If desired, cauli-rice can be substituted with precooked rice at end of cook time.</p>			<p>Make extra for easy lunches</p>	<p>Weekend Treat! Try our yummy Fall Favorite <u>Cinnamon Crumb Coffee Cake</u></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Savory Sausage & White Bean Soup</u> Garden Salad with Avocado, Cucumber and Tomatoes</p>	 <p><u>Easy Beef & Broccoli Bowls</u> with <u>Cauli Rice</u> or Basmati Rice</p>	 <p><u>Zucchini Breakfast Bake</u> (use leftover diced sausage; mix in 1/2 cup of shredded cheese, if desired) <u>Almond Flour Biscuits</u></p>	 <p><u>Chicken Verde Lettuce Wraps</u> with <u>Cilantro Rice</u></p>	 <p><u>Rustic Veggie Soup</u> (Add leftover frozen sausage at end of cook time to warm thru) and leftover <u>Almond Flour Biscuits</u></p>	 <p><u>Veggie & Beef Stir Fry</u> (simply add <u>leftover beef</u> from Monday's dinner at end of cook time)</p>	 <p>Leftover Chicken Verde served over <u>Butternut Squash Pasta</u> with Garden Salad</p>
<p>To get 3 meals: Sauté extra sausage & freeze for use in Tues' & Thurs' dinners</p>	<p>To get 2 meals: Make extra steak for use in Friday's dinner</p>	<p>Make extra biscuits for Thurs' dinner</p>	<p>To get 2 meals: Make extra chicken for Sat's dinner</p>			
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> • <u>Apple Cinnamon Muffins</u> with eggs & bacon • <u>Simple Hash Browns</u> with Eggs Over Easy • <u>Sweet Potato Toasts</u> with sliced fruit 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> • <u>Healthy Greens Wrap</u> with fresh fruit • <u>Cauli-Pizza Bites</u> with salad • <u>Turkey, Cranberry & Apple Salad</u> (use leftover turkey) 			