














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 Nov 24-Dec 7 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Southwestern Chicken Burgers</a> with <a href="#">Roasted Sweet Potato Bites</a>	<a href="#">Savory Beef Cottage Pie</a> (use ground beef instead) with Mixed Greens Salad with <a href="#">Healthy Ranch Dressing</a>	Leftover <a href="#">Burger Salad</a> with Leftover Sweet Potato Bites, Bacon, Sliced Tomatoes, Boiled Eggs & Avocado Honey-Mustard Dressing	<a href="#">Slow Cooker Sweet Potato Chili</a> (use precooked ground beef from Monday) <a href="#">Almond Flour Biscuits</a>	Simple & Delicious <a href="#">Gluten-Free Thanksgiving Day Menu</a> with free prep-ahead download! (freeze extra turkey for next week's meals)	Thanksgiving Day Leftovers (enjoy more time with family and less time in the kitchen!)	Leftover <a href="#">Slow Cooker Sweet Potato Chili</a> served over Basmati Rice
<b>To get 2 meals:</b> Make extra burgers & bites for Tues' dinner	<b>To get 3 meals:</b> Brown extra ground beef for chili on Wed & Sat		<b>To get 2 meals:</b> Make extra chili for Sat's dinner	<b>Holiday Treat!</b> <a href="#">Perfect GF Pumpkin Pie</a>		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Creamy Turkey &amp; Veggies Soup</a> (use leftover Thanksgiving Turkey) and leftover <a href="#">Almond Flour Biscuits</a>	<a href="#">Sloppy Turkey Joes</a> and leftover <a href="#">Roasted Sweet Potato Bites</a>	<a href="#">Sausage &amp; Kale Breakfast Casserole</a> with <a href="#">Honey-Lime Fruit Salad</a>	<a href="#">Skillet Chicken Fajitas</a> with <a href="#">Cilantro Rice</a>	<a href="#">Harvest Turkey Salad</a> (use leftover Thanksgiving Turkey and leftover <a href="#">Sweet Potato Bites</a> )	<a href="#">Sloppy Joe Topped Sweet Potatoes</a> (use leftover sloppy joes from Monday) serve with Garden Salad & <a href="#">Healthy Ranch Dressing</a>	<a href="#">Chicken Fajita Bowls</a> with leftover <a href="#">Cilantro Rice</a> (warm leftover chicken and peppers; serve over rice with favorite toppings like diced avocado)
<b>To get 2 meals:</b> Use leftover Thanksgiving Turkey 4 today's & Thurs' dinners	<b>To get 2 meals:</b> Make extra sloppy joes for Fri's dinner and extra sw.pot.bites for Thurs' dinner	Save extra fruit salad for breakfast	<b>To get 2 meals:</b> Make extra fajitas and extra rice for Saturday			

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Pumpkin Pie Porridge](#) with boiled eggs and bacon
- [Cinnamon Waffles](#) with eggs and bacon
- [Veggie Scramble](#) and with [Honey-Lime Fruit Salad](#)

### GF Lunch Ideas:

- [Turkey Salad Boats](#) with fresh fruit (use leftover turkey)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey BLT Roll-Ups](#) with fresh fruit