

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 Oct 10-23 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Buffalo Chicken Sliders</a> with <a href="#">Sweet Potato Buns</a> <i>(or use your favorite GF buns)</i></p>	<p><a href="#">Easy Beef &amp; Broccoli Bowls</a> and <a href="#">Cilantro Rice</a></p>	<p><a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a> with leftover <a href="#">Cilantro Rice</a></p>	<p><b>New Favorite!</b> <a href="#">Buffalo Chicken Spaghetti Squash</a> <i>(use leftover Buffalo Chicken to make this super quick &amp; easy)</i> with Garden Salad</p>	<p><a href="#">Pulled Pork Tacos</a> <i>(use leftover pulled pork)</i> with leftover <a href="#">Cilantro Rice</a></p>	<p><a href="#">Veggie &amp; Beef Stir Fry</a> <i>(simply add leftover beef from Sunday at end of cook time)</i></p>	<p><a href="#">Loaded Baked Potato Soup</a> with Garden Salad and <a href="#">Italian Dressing</a></p>
<p><b>To get 2 meals:</b> Make extra chicken for Wed's dinner</p>	<p><b>To get 2 meals:</b> Make extra beef &amp; freeze for Fri; make xtra rice for Tues &amp; Thurs</p>	<p><b>To get 2 meals:</b> Make/save extra chicken for Fri's dinner</p>		<p>Put leftover frozen beef in fridge overnight to thaw</p>		<p><b>Weekend Treat!</b> Try our favorite <a href="#">Chocolate-Raspberry Brownie Bites</a></p>
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<p><b>Featured recipe:</b> <a href="#">Roasted Lemon Spatchcock Chicken</a> Mashed Potatoes and Mesclun Greens Salad</p>	<p><a href="#">Sausage Hash Brown Casserole</a> serve with Fruit Salad and <a href="#">Almond Flour Biscuits</a></p>	<p><a href="#">Easy Pepper Steak</a> with Basmati Rice</p>	<p><a href="#">Baked Chicken Tacos!</a> <i>(use leftover shredded roast chicken)</i> serve with <a href="#">Homemade Guacamole</a></p>	<p><a href="#">Steak &amp; Eggs Rancheros</a> <i>(use leftover steak from Sun)</i> with <a href="#">Pico de Gallo</a> with Garden Salad</p>	<p><a href="#">Pineapple BBQ Chicken Bowls</a> <i>(see recipe note below)</i> with Basmati Rice</p>	<p><a href="#">Savory Sausage &amp; White Bean Soup</a> <i>(add leftover sausage at end of cooktime to warm through)</i> Garden Salad</p>
<p><b>To get 3 meals:</b> Roast 2 chickens; shred extra chix for Wed &amp; Fri; make bone broth with bones</p>	<p><b>To get 2 meals:</b> Cook extra sausage &amp; freeze for Sat's dinner</p>	<p><b>To get 2 meals:</b> Sauté extra steak for use in Thurs' dinner</p>			<p><b>Recipe Note:</b> Save time &amp; toss leftover roast chicken with your favorite BBQ sauce</p>	

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Cinnamon-Apple Muffins](#) with scrambled eggs
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

### GF Lunch Ideas:

- [Egg Roll in a Bowl!](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens