







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 11-24 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Skillet Chicken Fajitas</b> with <b>Cilantro Rice</b>	<i>Featured Recipe:</i> <b>Roasted Sweet Potato Bites</b> with <b>Southwestern Chicken Burgers</b>	<b>Slow Cooker Garlic Thyme Chicken</b> Mashed Potatoes and Green Beans	<b>Savory Cottage Pie</b> with Mixed Greens Salad with <b>Healthy Ranch Dressing</b>	<b>Chicken Fajita</b> Bowls with leftover <b>Cilantro Rice</b> (warm leftover chicken and peppers; serve over rice with diced avocado)	<b>New Favorite! Leftover Burger Bowls with Secret Sauce</b> (top with leftover roasted sweet potato bites)	<b>One Skillet Quinoa Turkey Tacos</b> (add leftover ground turkey after cooking quinoa and veggies to warm thru) serve with GF tortillas or lettuce leaves
<b>To get 2 meals:</b> Make extra fajitas & rice for Thurs' dinner	<b>To get 2 meals:</b> Make extra burgers & sweet potato bites for Fri's dinner	Make extra mashed potatoes for Wed's dinner	<b>To get 2 meals:</b> Brown extra ground turkey for Sat's dinner			<b>Weekend Treat!</b> (pictured above) Fall Favorite <b>Pumpkin Praline Bars</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Grilled Herb Turkey Breasts</b> with <b>Roasted Sweet Potato Bites</b> and Green Beans	<b>Slow Cooker Shredded Beef Tacos</b> with <b>Pico de Gallo</b> and <b>Cilantro Rice</b>	<b>Sloppy Turkey Joes</b> and leftover <b>Roasted Sweet Potato Bites</b>	<b>Harvest Turkey Salad</b> (use leftover <b>Grilled Turkey</b> and top with leftover <b>Sweet Potato Bites</b> )	<b>Sloppy Joe Topped Sweet Potatoes</b> (use leftover <b>turkey sloppy joes</b> from Mon) serve with <b>Garden Salad &amp; Healthy Ranch Dressing</b>	<b>Beef &amp; Veggie Burrito Bowls</b> (use leftover shredded beef and leftover rice from Monday's dinner)	<b>BBQ Spice Chicken</b> with <b>Roasted Potatoes &amp; Carrots</b> and <b>Sautéed Greens</b>
<b>To get 2 meals:</b> Grill xtra turkey for Wed; make xtra sw.pot.bites for Tues & Wed	<b>To get 2 meals:</b> Make extra rice and save leftover shredded beef for Fri's dinner	<b>To get 2 meals:</b> Make extra sloppy joes to top potatoes for Thurs' dinner				

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Pumpkin Pie Muffins](#) with boiled eggs
- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit

### GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)