

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 23-Nov 5 whole food meal plan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|--|
|  |  |  |  |  |  |  |
| <p><i>Featured recipe:</i> Grilled Honey Mustard Chicken and Roasted Sweet Potato Bites</p> | <p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p> | <p>Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes</p> | <p>Honey Mustard Chicken Salad (use leftover honey mustard chicken to save time; toss in leftover sweet potato bites)</p> | <p>Sweet & Spicy Steak Wraps (add leftover grilled veggies) with Cilantro Rice</p> | <p>Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p> | <p>Slow Cooker Chicken Teriyaki with Basmati Rice</p> |
| <p>To get 2 meals: Grill extra chicken & roast extra sweet potatoes for use in Wed's dinner</p> | <p>To get 2 meals: Save extra sauce and meatballs for use in Fri's dinner</p> | <p>To get 2 meals: Make extra steak for Thurs' dinner; grill extra veggies for Thurs' dinner</p> | | <p>Recipe Note: Heat sauce in saucepan; add leftover steak & veggies; toss to warm through.</p> | | <p>Weekend Treat! Try our yummy Fall Favorite Pumpkin Praline Bars</p> |
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|  |  |  |  |  |  |  |
| <p>Savory Cottage Pie with Mixed Greens Salad with Healthy Ranch Dressing</p> | <p>Pan-Seared Balsamic Chicken with Pesto Zoodles (or your favorite GF pasta)</p> | <p>Meatloaf Muffins Mashed Potatoes and Sweet Peas</p> | <p><i>Breakfast for Dinner!</i> Almond Flour Pancakes with Mixed Berries and Veggie Egg Scramble</p> | <p>Grilled Chicken Mexican Salad Bowls (use leftover balsamic chicken) with Baked Potatoes</p> | <p>New Favorite! Slow Cooker Chipotle Chili top with sour cream, shredded cheese and cilantro</p> | <p>Grilled Pesto Chicken Skewers (use leftover pesto) with Cilantro Rice</p> |
| <p>To get 2 meals: Brown extra turkey for Fri's dinner; make extra potatoes for Tues' dinner</p> | <p>To get 2 meals: Make extra chix for Thurs' dinner; make extra pesto for Sat's dinner</p> | | | | <p>Save Time: Use extra browned turkey from Sunday</p> | |

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Blueberry Scones](#) with scrambled eggs

GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- Leftover [Slow Cooker Baked Potato](#) with salad
- [Rainbow Thai Salad](#)