

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 27-Nov 9 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Roasted Lemon Spatchcock Chicken with Baby Potatoes and Mesclun Greens Salad	Hamburger Soup (if desired, add cheese for cheeseburger soup) serve with Garden Salad	Grilled Ribeye Steak with Grilled Veggies (or pan sear steaks and sauté veggies) and Slow Cooker Baked Potatoes	Easy Taco Salad with Cinnamon Dusted Plantains	Easy Steak Salad (using leftover Grilled Ribeye Steak) and Almond Flour Biscuits	Breakfast Nachos (use leftover taco meat; top with shredded cheese, if desired) Pico de Gallo and Honey-Lime Fruit Salad	Creamy Pumpkin Soup (add leftover roasted chicken) with Garden Salad and leftover Almond Flour Biscuits
To get 2 meals: Use bones to make bone broth; shred extra chicken & freeze for Sat's soup	To get 3 meals: Brown 3-4 lbs beef. Add taco season to 2-3 lbs for use in Wed's & Fri's dinners	To get 2 meals: Grill (or pan sear) extra steak for use in Thurs' dinner	Make extra plantains to serve for breakfast	Make extra biscuits for Sat's dinner		Weekend Treat! Try our yummy Fall Favorite Apple Cider Donuts
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Skillet Chicken Fajitas with Cilantro Rice	Slow Cooker Italian Beef & Chard Ragu with Zoodles (or GF egg noodles) Garden Salad	Slow Cooker Garlic Thyme Chicken Mashed Potatoes and Green Beans	Chicken Fajita Bowls with leftover Cilantro Rice (warm leftover chicken and peppers; serve over rice with diced avocado)	Leftover Beef Ragu Soup Mixed Greens Salad Italian Dressing	Savory Cottage Pie with Mixed Greens Salad with Healthy Ranch Dressing	One-Skillet Asian Style Lettuce Wraps with Fresh Fruit and Leftover Cilantro Rice
To get 2 meals: Make extra fajitas for Wed and extra rice for Wed & Sat	To get 2 meals: Make enough Beef Ragu for making soup on Thursday	Make extra mashed potatoes for Fri's dinner			To get 2 meals: Brown extra meat and Saturday (see Sat's recipe)	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

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

GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)