

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 July wks 1-2 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice	Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites	BBQ Chicken with Potato Salad and Patriotic Fruit & Cheese Tray <i>Thank you to the men & women who have served and continue to serve our country!</i>	Easy BBQ Chicken Salad with Slow Cooker Baked Potatoes	Easy & Tasty Breakfast Hash (use leftover shredded beef & swt potato bites) Almond Flour Biscuits	Burger in a Bowl Salad (save time & use leftover burgers from Tuesday) with leftover Almond Flour Biscuits	Beef & Veggie Burrito Bowls (use leftover shredded beef and rice from Sunday's dinner)
To get 3 meals: Make extra shred beef for Thurs' & Sat's dinners; make extra rice for Sat's dinner	To get 2 meals: Make extra burgers for use in Fri's dinner; make extra S.P. bites for Thurs	July 4th Treat! Try our favorite Red White & Blue Cupcakes	Make extra BBQ chicken on July 4th and use leftover chicken for this recipe			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad	<i>Featured Recipe</i> Grilled Shrimp Kebobs with Pineapple Salsa and Cinnamon Dusted Plantains	Taco Tuesday! Family Fun! Croco-Tacos serve with Homemade Guacamole	Easy Healthy Chicken Ramen (if GF use rice noodles instead) with Garden Salad	Grilled Shrimp Taco Salad (use leftover grilled shrimp to save time) with Avocado Chimmichuri Dressing	BBQ Chicken Sandwiches (add BBQ sauce to leftover shredded chix) serve on Sweet Potato Buns (or GF buns)	Beef Taco Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice) with Cilantro Rice
To get 3 meals: Make & freeze extra chix to use for Wed's & Fri's meals; use bones to make broth	To get 2 meals: Grill extra shrimp for Thurs' dinner	To get 2 meals: Make extra taco meat for Sat's dinner				
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> Lemon Poppy Seed Muffins with boiled eggs and fruit Strawberry Kiwi Acai Bowls with boiled eggs Egg & Sausage Biscuits with sliced fruit 			GF Lunch Ideas: <ul style="list-style-type: none"> Healthy Greens Wrap with sliced fruit Turkey BLT Roll-Ups with fresh fruit Leftover Slow Cooker Baked Potato with salad 			