

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 wks 3-4 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Slow Cooker Apple Cider Pulled Pork</u> with Mashed Sweet Potatoes and <u>Homemade Coleslaw</u>	<u>Slow Cooker Buffalo Chicken Sliders</u> with leftover coleslaw & <u>Sweet Potato Buns</u> (or use your favorite GF buns)	<u>Easy Taco Skillet</u> serve with GF Tortillas and <u>Cilantro Rice</u>	<u>BBQ Pork Sliders</u> (use leftover <u>Pulled Pork</u>) with leftover <u>Homemade Coleslaw</u>	<u>Easy Taco Salad</u> (save time and use leftover taco meat from Monday) top with <u>Cinnamon Dusted Plantains</u>	<u>Buffalo Chicken Sweet Potatoes</u> (use leftover <u>Buffalo Chicken</u> from Tues) serve with Garden Salad	<u>Pulled Pork Mango Bowls</u> (Add leftover <u>Pulled Pork</u> and plantains to bowls; top with mango salsa & avocado)
To get 3 meals: Make double batch and save for Wed & Sat; make extra slaw	To get 2 meals: Make & save extra chicken to use to top sweet potatoes for Fri's dinner	To get 2 meals: Cook extra taco meat & save for Thurs' dinner; extra rice for Sat		Make extra plantains for Sat's dinner		Weekend Treat! Try our favorite <u>Double Chocolate Banana Bars</u>

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<i>Featured Recipe:</i> <u>Grilled Herb Chicken</u> with <u>Seasoned Grilled Veggies</u> and <u>Baked Sweet Potatoes</u>	<u>Slow Cooker Marinara & Meatballs</u> served over Zoodles (or GF pasta) Garden Salad	<u>Jalapeño Turkey Burgers</u> with <u>Guacamole</u> and <u>Roasted Sweet Potato Bites</u>	<u>Meatball Flatbread Pizzas</u> (use leftover sauce and meatballs) serve with Garden Salad	<u>Chicken Fajita Bowls</u> (use leftover <u>Grilled Herb Chicken</u>) with <u>Cilantro Rice</u>	<u>Grilled Salmon with Avocado Salsa</u> with leftover <u>Cilantro Rice</u>	<u>Leftover Burger Bowls with Secret Sauce</u> (use leftover <u>turkey burgers</u> and sweet potato bites)
To get 2 meals: Grill extra chicken for Thurs' dinner	To get 2 meals: Save extra sauce and meatballs for use in Wed's dinner	To get 2 meals: Make extra burgers and sweet potato bites for use in Sat's dinner		*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings		

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 Muffins](#) with eggs over easy and sausage

GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Spring Cleaning Detox Salad](#)