

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 wks 3-4 whole food meal plan

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