








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 sept wks 1-2 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Bacon-Wrapped Steak</b> with Baked Potatoes <b>Apple-Spinach Salad</b>	<b>Deconstructed Stuffed Pepper Bowls</b> serve over <b>Cilantro Rice</b>	<b>Grilled Herb Turkey Breasts</b> (or cook on skillet) with <b>Roasted Sweet Potato Bites</b> and Green Beans	<b>Shepherd's Pie Twice Baked Potatoes</b> (add leftover ground beef from Monday's dinner) serve with Garden Salad	<b>Harvest Turkey Salad</b> (use leftover grilled turkey and top with leftover <b>Sweet Potato Bites</b> )	<b>Featured Recipe Rustic Veggie Soup</b> (Add leftover diced turkey at end of cook time to warm through) and leftover <b>Almond Flour Biscuits</b>	<b>Leftover Steak Caesar Salad</b> (use leftover steak and your favorite bottled dressing to make this meal even easier!) serve with leftover soup or baked potato
<b>To get 2 meals:</b> Make extra steak and freeze for Sat's dinner	<b>To get 2 meals:</b> Make extra ground beef for Wed's dinner	<b>To get 3 meals:</b> Make extra turkey for Thurs & Fri; make extra sw.pot.bites for Thurs' dinner			Make extra soup and serve with Sat's dinner; thaw leftover steak in fridge overnight for Sat	<b>Weekend Treat!</b> Try our favorite <b>Chocolate Eclair Cupcakes</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Cilantro Lime Chicken</b> (pan sear or grill) with Veggies and Basmati Rice	<b>Beef Barbacoa</b> with <b>Pico de Gallo</b> and <b>Cilantro Rice</b>	<b>Easy Cilantro Chicken Tacos</b> (make it easy-use leftover grilled cilantro chicken) serve with <b>Homemade Guacamole</b>	<b>Beef &amp; Veggie Burrito Bowls</b> (use leftover beef barbacoa and leftover rice from Monday's dinner)	<b>Pineapple BBQ Chicken Bowls</b> (see recipe note below) with leftover Basmati Rice	<b>Slow Cooker Baked Potato Buffet</b> (top with leftover beef barbacoa; as well as leftover green onion, cheese sour cream, etc.) Garden Salad	<b>Meatloaf Muffins</b> Mashed Potatoes and Sweet Peas
<b>To get 3 meals:</b> Grill extra chicken for Tues & Thurs' dinners	<b>To get 3 meals:</b> Make extra beef and rice; save leftover beef for Wed & Friday			<b>Recipe Note:</b> Save time & toss leftover grilled chicken with your favorite BBQ sauce	Make a lot of baked pota; scoop out for mashed potatoes, save skins to make potato skins	

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

### GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)