






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 February wks 1-2 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Caribbean Pulled Chicken Wraps with Cilantro Rice</p>	<p>Bacon-Wrapped Steak with Baked Potatoes and Apple-Spinach Salad</p>	<p>Pulled Pork Tacos (save time – use leftover pulled chicken instead) with Leftover Cilantro Rice</p>	<p>Sausage & Kale Breakfast Casserole (replace ground sausage with fine-diced link sausage) Honey-Lime Fruit Salad</p>	<p>Leftover Steak Caesar Salad (use leftover steak and your favorite bottled dressing to make this meal even easier!) serve with leftover soup or baked potato</p>	<p>Pulled Pork Nachos (save time – use leftover pulled chicken instead) with Homemade Guacamole</p>	<p>Savory Sausage & White Bean Soup (add leftover sausage at end of cooktime to warm through) Garden Salad</p>
<p>To get 3 meals: Make/save extra chicken for Tues' & Fri's dinner; make extra rice for Tuesday</p>	<p>To get 2 meals: Make extra steak for Thurs' dinner</p>		<p>To get 2 meals: Cook extra sausage links for Sat's dinner</p>			<p>Weekend Treat! Try our yummy Fall Favorite Decadent Fudge Brownies</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime)</p>	<p>Easy Taco Skillet serve with GF Tortillas and leftover Cilantro Rice</p>	<p>Baked Chicken Tacos! (use leftover shredded roast chicken) serve with Homemade Guacamole</p>	<p>Easy Taco Salad (save time and use leftover taco meat from Monday) top with Cinnamon Dusted Plantains</p>	<p>Slow Cooker Sweet & Spicy Chicken top with Steamed Broccoli serve over leftover Basmati Rice</p>	<p>Beef Taco Lettuce Cups (use leftover taco meat after cooking veggies to warm through serve over rice) with leftover plantains and Cilantro Rice</p>	<p>Featured recipe: Chicken Pho Bowl with Bean Sprouts, Thai Basil, Lime Wedges (or substitute w/rice noodles)</p>
<p>To get 3 meals: Roast an extra chix, for Tues & Sat's dinners; use bones to make broth for soup</p>	<p>To get 3 meals: Cook extra taco meat & save for Wed's & Fri's dinners</p>		<p>Make extra plantains for Fri's dinner</p>			

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
- [Simple Hash Browns](#) with Eggs Over Easy

GF Lunch Ideas:

- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- [Healthy Greens Wrap](#) with sliced fruit
- [Carrot-Cheddar Sandwich](#) with pineapple slices