

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 30-Aug 12 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Buffalo Chicken Burger Sliders</u> (if grain-free use <u>Roasted Sweet Potato Buns</u>)	<u>Grilled Chicken & Peach Salad with Maple Vinaigrette</u>	<i>Breakfast for dinner!</i> <u>Cinnamon Toast Waffles</u> Scrambled Eggs Bacon and Fresh Berries	Leftover <u>Burger Salad</u> with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado	<u>Summer Veggies Pasta</u> (if grain-free, use zoodles) top with leftover grilled chicken	<u>Chicken & Veggie Bite Lettuce Wraps</u> with <u>Healthy Ranch Dressing</u> and <u>Citrus Salad</u>	<u>Strawberry Cobb Salad</u> (use Leftover Grilled Chicken) and <u>Crockpot Baked Sweet Potatoes</u>
Make extra burgers and save for Wed	Grill triple batch of chicken and freeze for Thurs and Sat's meals		Thaw leftover grilled chicken in fridge overnight for Thurs' dinner		Thaw leftover grilled chicken in fridge overnight for Sat's dinner	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Grilled Shrimp Kebobs</u> with Pineapple Salsa and <u>Cinnamon Dusted Plantains</u>	<i>Breakfast for dinner!</i> <u>Fluffy Little Almond Flour Pancakes</u> with Fresh Berries and <u>Turkey Veggie Sausage</u>	<u>Grilled Shrimp Taco Salad</u> (use leftover grilled shrimp to save time) with Avocado Chimmichuri Dressing	<u>Teriyaki Beef Skewers</u> (replace dates with 1 Tbsp honey to save time!) with <u>Cilantro Rice</u> or <u>Cauli-Rice</u>	<u>Skillet Chicken Fajitas</u> with leftover <u>Cilantro Rice</u> or <u>Cauli-Rice</u>	<u>Teriyaki Beef Bowls</u> Grill veggies of your choice and layer leftover Teriyaki Beef over the veggies and leftover rice or cauli-rice	<u>Slow Cooker Baked Potato Buffet</u> (top potatoes with leftover <u>Chicken Fajitas</u>) Garden Salad
Make extra grilled shrimp and save for Tues' dinner	Save extra sausage patties for breakfast		Make triple batch of rice of your choice for Thurs' and Fri's dinners	Make extra chicken fajitas and save as topping for Sat's dinner		Make extra baked potatoes and save for lunch
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • <u>Sausage Biscuit Nests</u> with sliced strawberries • Leftover <u>Cinnamon Waffles</u> or <u>Pancakes</u> with eggs • <u>Strawberry Kiwi Acai Bowls</u> with boiled eggs 				GF Lunch Ideas: <ul style="list-style-type: none"> • Leftover <u>Chicken & Veggie Bites</u> with fresh fruit • <u>Apple-Apricot Chicken Salad</u> with fresh veggies • <u>Carrot-Cheddar Sandwich</u> with pineapple slices 		