

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 March 28-Apr 10 Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Cilantro Lime Chicken</a> (pan sear or grill) with Veggies and Basmati Rice</p>	<p>Featured Recipe: <a href="#">Slow Cooker Apple Cider Pulled Pork</a> with Mashed Sweet Potatoes &amp; <a href="#">Green Beans</a></p>	<p><a href="#">Grilled Chicken Mexican Salad Bowls</a> (use leftover grilled chicken) with <a href="#">Baked Potatoes</a></p>	<p><a href="#">BBQ Pork Sliders</a> (use leftover <a href="#">Pulled Pork</a>) with <a href="#">Roasted Sweet Potato Bites</a></p>	<p><a href="#">Slow Cooker Pulled Pork Chili</a> (omit beef, add 2 cups leftover pulled pork &amp; add black beans, if desired) serve over Basmati Rice w/Cornbread</p>	<p><a href="#">Leftover Pulled Pork Mango Bowls</a> (Add leftover rice to bowls, with leftover <a href="#">Pulled Pork</a> and sweet potato bites &amp; diced mango &amp; avocado. Yum!)</p>	<p><a href="#">Chili-Topped Slow Cooker Baked Potatoes</a> (use leftover chili to top potatoes; add additional toppings such as shredded cheese) with Garden Salad</p>
<p><b>To get 2 meals:</b> Make &amp; freeze extra chix for Tues. Make extra rice for Fri.</p>	<p><b>To get 4 meals:</b> Make double batch and save for Wed's, Thurs' &amp; Fri's dinners</p>		<p>Make extra sweet potato bites for Fri's dinner</p>	<p><b>To get 2 meals:</b> Save extra chili for Saturday's dinner</p>		<p><b>Easter Weekend Treat!</b> Try our favorite <a href="#">Cinnamon Crumb Coffee Cake</a></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><b>Easter Menu:</b> <a href="#">Pineapple Glazed Ham</a> with <a href="#">Au Gratin Potatoes</a> and <a href="#">Lemon-Garlic Green Beans</a></p>	<p><a href="#">Grilled Ham Sandwiches</a> (use leftover ham; omit chowchow in recipe) serve with Tomato Soup and <a href="#">Honey-Lime Fruit Salad</a></p>	<p><a href="#">Chicken Verde Lettuce Wraps</a> with <a href="#">Cilantro Rice</a></p>	<p><a href="#">Baked Pasta w/Sausage</a> (replace sage with fresh basil instead; if GF use GF pasta) Garden Salad</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>Leftover Chicken Verde served over <a href="#">Butternut Squash Pasta</a> (or serve over leftover rice from Tues' dinner) with Garden Salad</p>	<p><b>New Favorite!</b> <a href="#">Savory Sausage Soup</a> Garden Salad with Avocado, Cucumber and Tomatoes <a href="#">Almond Flour Biscuits</a></p>
<p><b>To get 2 meals:</b> Save extra ham for Monday's dinner</p>		<p><b>To get 2 meals:</b> Make extra chicken for Fri's dinner</p>	<p><b>To get 2 meals:</b> Sauté extra sausage for use in Sat's dinner</p>			
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p><b>GF Breakfast Ideas:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Baked Egg Avocado Boats</a> with sliced fruit</li> <li>• <a href="#">Blueberry Muffins</a> with eggs over easy and bacon</li> <li>• <a href="#">Simple Hash Browns</a> with Eggs Over Easy</li> </ul>			<p><b>GF Lunch Ideas:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Easy Lunchbox Wraps</a> with fresh fruit</li> <li>• <a href="#">Tomato-Basil Cheese Pie</a> with mesclun greens</li> <li>• <a href="#">Cauli-Pizza Bites</a> with salad</li> </ul>			