

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 Nov 22-Dec 5 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Jalapeño Turkey Burgers with Homemade Guacamole and Roasted Sweet Potato Bites</p> <p>To get 2 meals: Make extra burgers and sweet potato bites for Tues' dinner</p>	<p>Sloppy Turkey Joes Fruit Salad and Homemade Fries</p> <p>To get 2 meals: Brown extra ground turkey for Wed's chili</p>	<p>Burger Salad (use leftover turkey burgers and sweet potato bites) top w/Bacon, Sliced Tomatoes, Boiled Eggs & Avocado</p>	<p>Slow Cooker Sweet Potato Chili (use precooked ground turkey from Monday) Almond Flour Biscuits</p> <p>To get 2 meals: Save extra chili for Sat's dinner</p>	<p>Simple & Delicious Thanksgiving Day Menu (freeze extra turkey for easy future meals)</p> <p>Holiday Treat! Perfect GF Pumpkin Pie</p>	<p>Thanksgiving Day Leftovers (enjoy more time with family and less time in the kitchen!)</p>	<p>Leftover Slow Cooker Sweet Potato Chili served over Basmati Rice</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p> <p>To get 2 meals: Save extra sauce and meatballs for use in Wed's dinner</p>	<p>Family Fun! Croco-Tacos serve with Homemade Pico de Gallo</p> <p>To get 3 meals: Brown extra ground beef and save for Thurs' & Sat's dinner</p>	<p>Slow Cooker Buffalo Chicken Sliders with Sweet Potato Buns (or use your favorite buns)</p> <p>To get 2 meals: Make & save extra chicken to use to top sweet potatoes for Fri's dinner</p>	<p>Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	<p>Deconstructed Stuffed Pepper Bowls (add precooked ground beef after cooking the veggies and cook until meat is warmed thru) w/leftover Cilantro Rice</p>	<p>Buffalo Chicken Sweet Potatoes (use leftover Buffalo Chicken from Tues) serve with leftover Cobb Salad</p>	<p>New Favorite! Minestrone Soup (add 1 1/2 cups of precooked leftover ground beef for a heartier meal) Garden Salad</p>

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Pancake & Sausage Muffins](#) with fruit
- [Simple Hash Browns](#) with Eggs Over Easy
- [Sweet Potato Toasts](#) with sliced fruit

GF Lunch Ideas:

- [Turkey Salad Boats](#) with fresh fruit (use leftover turkey)
- Use [leftover chili](#) to make chili dogs
- [GF Tortilla Wraps](#) (great for kids) with fresh fruit