











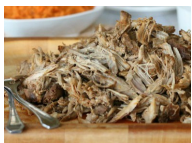



All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

The nourishing home sept 25-Oct 8 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Savory Sausage & White Bean Soup Garden Salad with Avocado, Cucumber and Tomatoes</p>	<p>Lemon Thyme Chicken with Mashed Potatoes Steamed Asparagus</p>	<p>Grilled Herb Seasoned Turkey with Veggie Confetti Cauli-Rice or Cilantro Basmati Rice</p>	<p>Lemon-Garlic Pan Seared Salmon and Asparagus with leftover Veggie Confetti Cauli-Rice</p>	<p>One-Skillet Mediterranean Chicken Spinach Salad with Avocado, Cucumber and Tomatoes Avocado Green Goddess Dressing</p>	<p>Turkey Tetrazzini <i>(use leftover grilled turkey)</i> Spinach Salad Avocado Green Goddess Dressing</p>	<p>Leftover Savory Sausage & White Bean Soup with Baked Potatoes</p>
Save leftover soup for Sat's dinner		Grill extra turkey for Fri Make extra rice for Wed				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Apple Cider Pulled Pork with Apple-Carrot Coleslaw and Mashed Sweet Potatoes</p>	<p>Southwestern Chicken Burgers with leftover Apple-Carrot Coleslaw</p>	<p>Creamy Tomato Soup Grilled Cheese & Turkey Sandwiches Sliced Fruit</p>	<p>Veggie Quiche with Hash Brown Crust Mesclun Greens Salad with Avocado, Cucumber & Tomato and Sliced Fruit</p>	<p>Leftover Burger Salad with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado Honey-Mustard Dressing</p>	<p>Leftover Slow Cooker Apple Cider Pulled Pork topped with BBQ Sauce served over Crockpot Sweet Potatoes Garden Salad</p>	<p>Leftover Creamy Tomato Soup with Crockpot Baked Potatoes topped with Bacon & Chives</p>
Save extra pork for Fri's dinner and extra coleslaw for Monday	Grill double the burgers for Thurs' dinner	Make double the soup for Sat's dinner		Make extra bacon for Sat's dinner		

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Banana Bread](#) with scrambled eggs
- [Turkey Sausage Patties](#) with eggs over easy & fruit
- [Grain-Free Granola](#) with boiled eggs
- [Southwestern Breakfast Casserole](#) with sliced fruit

GF Lunch Ideas:

- [Honey Balsamic Chicken Rolls](#) with raw veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Shrimp Salad](#) on a bed of mesclun greens
- [Tomato-Basil Cheese Pie](#) with mesclun greens