







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 April 26-May 9 GF whole food meal plan

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>Hamburger Soup (if desired, add cheese for cheeseburger soup) serve with Garden Salad</p>	<p>Zucchini Breakfast Bake (use leftover taco meat instead; mix in 1/2 cup of shredded cheese, if desired) Almond Flour Biscuits</p>	<p>Shredded Chicken & Black Bean Bowls (use leftover shredded roast chicken and chicken broth; top with minced cilantro and diced avocado)</p>	<p>Breakfast Nachos (use leftover taco meat; top with shredded cheese, if desired) Pico de Gallo and Honey-Lime Fruit Salad</p>	<p>Stuffed Sweet Potatoes (use leftover roast chicken instead) with BLT Salad with cucumbers, tomato and avocado</p>	<p>Chicken Pho Bowl (use leftover roast chicken) with Bean Sprouts, Thai Basil, Lime Wedges (or substitute rice noodles)</p>
<p>To get 4 meals: Roast an xtra chix, shred for Wed, Fri & Sat dinners; use bones to make broth for soup</p>	<p>To get 3 meals: Brown extra ground meat. Add taco season to use in Tues' & Thurs' dinners</p>				<p>Weekend Treat! Try our favorite Raspberry Crumble Bars</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Skillet Chicken Fajitas with Cilantro Rice</p>	<p><i>Featured Recipe:</i> Grilled Shrimp Kebobs w/leftover rice Pineapple Salsa and Cinnamon Dusted Plantains</p>	<p>Slow Cooker Garlic Thyme Chicken Mashed Potatoes and Lemon-Garlic Green Beans</p>	<p>Rustic Veggie Soup (with *leftover grilled shrimp) and Almond Flour Biscuits</p>	<p>Leftover Chicken Fajita Bowls with Cilantro Rice (warm leftover chicken and peppers; serve over rice with diced avocado)</p>	<p>Savory Cottage Pie with Mixed Greens Salad with Healthy Ranch Dressing</p>	<p>One Skillet Quinoa Turkey Tacos (add leftover ground turkey after cooking quinoa and veggies to warm thru) serve with GF tortillas or butter lettuce leaves</p>
<p>To get 2 meals: Make extra fajitas for Thurs and extra rice for Monday</p>	<p>To get 2 meals: Grill extra shrimp for Wed's dinner</p>	<p>Make extra mashed potatoes for Fri's dinner</p>	<p>*Add leftover shrimp at end of cook time to warm thru</p>		<p>To get 2 meals: Brown extra ground turkey for Sat's dinner</p>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Veggie Scramble](#) and leftover [Cinnamon Plantains](#)
- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Blueberry Scones](#) with scrambled eggs

GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Healthy Greens Wrap](#) with sliced fruit
- [Shrimp Salad](#) on a bed of mesclun greens