

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 August 1-14 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>Grilled Herb Chicken with Pineapple Salsa</u></a> serve over <a href="#"><u>Cilantro Rice</u></a>	<a href="#"><u>Grilled Ribeye Steak with Grilled Veggies</u></a> and <a href="#"><u>Slow Cooker Baked Potatoes</u></a>	<a href="#"><u>Greek Style Chicken Salad</u></a> (use leftover diced grilled chicken)	<a href="#"><u>Sweet &amp; Spicy Steak Wraps</u></a> with <a href="#"><u>Roasted Sweet Potato Bites</u></a> (make extra for Thurs' dinner)	<a href="#"><u>Roasted Sweet Potato Black Bean Bowls</u></a> (use leftover grilled chix & veggies & leftover roasted sweet pot.ato bites)	<a href="#"><u>One-Skillet Mediterranean Chicken</u></a> (use leftover grilled chicken & serve over leftover Cilantro Rice) Spinach Salad w/Avocado <a href="#"><u>Italian Dressing</u></a>	<a href="#"><u>Easy Broccoli Cheddar Soup</u></a> with <a href="#"><u>Slow Cooker Baked Potato</u></a> and Garden Salad
<b>To get 4 meals:</b> Grill extra chicken for Tues', Thurs' & Fri's dinners; make extra rice for Fri's dinner	<b>To get 2 meals:</b> Make extra steak for Wed's dinner; grill extra veggies for Thurs' dinner		<b>Recipe Note:</b> Heat sauce in saucepan; add leftover grilled steak; toss to warm through.	<b>Recipe Note:</b> Use frozen pre-cooked quinoa, or sub with leftover rice if you prefer.		<b>Weekend Treat!</b> Featured Recipe: <a href="#"><u>Strawberry Shortcakes</u></a>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>Roasted Lemon Spatchcock Chicken</u></a> with Mashed Potatoes and Mesclun Greens Salad	<a href="#"><u>Slow Cooker Caribbean Pulled Chicken Wraps</u></a> with Basmati Rice	<b>New Favorite!</b> <a href="#"><u>Slow Cooker BBQ Beef Sandwiches</u></a> with <a href="#"><u>Homemade Coleslaw</u></a>	<a href="#"><u>Tropical Chicken Lettuce Wraps</u></a> (use leftover roast chicken) with <a href="#"><u>Cilantro Rice</u></a>	<a href="#"><u>Slow Cooker Baked Potato</u></a> (topped with leftover BBQ Beef & your favorites) serve with Garden Salad	<a href="#"><u>Shredded Caribbean Chicken &amp; Black Bean Bowls</u></a> (use leftover Caribbean chicken and rice; top with minced cilantro and avocado)	<a href="#"><u>"Next-Over" Chicken Tacos</u></a> (use leftover roast chicken) and leftover <a href="#"><u>Cilantro Rice</u></a>
<b>To get 3 meals:</b> Roast 2 chickens; shred extra chix for Wed & Sat; make bone broth with bones	<b>To get 2 meals:</b> Save extra pulled pork for use in Fri's dinner	<b>To get 2 meals:</b> Save extra BBQ Beef for use in Thurs' dinner	Make extra rice for Friday & Saturday			

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Sausage Hashbrown Egg Muffins](#) w/fresh fruit
- [Grab-n-Go Pancake Muffins](#) with boiled eggs
- [Sweet Potato Toasts](#) with sliced fruit

### GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens