
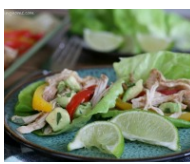



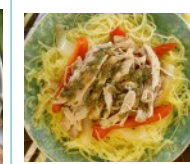
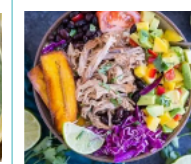
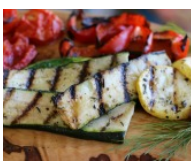

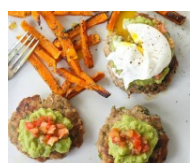
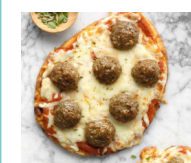


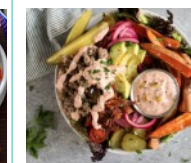


All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

The Nourishing Home Aug wks 3-4 whole food meal plan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|--|
|  |  |  |  |  |  |  |
| <p>Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes and Homemade Coleslaw</p> | <p>Featured Recipe: Chicken Verde Lettuce Wraps with Cilantro Rice</p> | <p>Easy Taco Skillet serve with GF Tortillas and Cilantro Rice</p> | <p>BBQ Pork Sliders (use leftover Pulled Pork) with leftover Homemade Coleslaw</p> | <p>Easy Taco Salad (save time and use leftover taco meat from Monday) top with Cinnamon Dusted Plantains</p> | <p>Leftover Chicken Verde served over Butternut Squash Pasta (or serve over leftover rice from Tues' dinner) with Garden Salad</p> | <p>Pulled Pork Mango Bowls (Add leftover Pulled Pork and plantains to bowls; top with mango salsa & avocado)</p> |
| <p>To get 3 meals: Make double batch and save for Wed & Sat; make extra slaw</p> | <p>To get 2 meals: Make extra chicken for Fri's dinner</p> | <p>To get 2 meals: Cook extra taco meat & save for Thurs' dinner; extra rice for Sat</p> | | <p>Make extra plantains for Sat's dinner</p> | | <p>Weekend Treat! Try our yummy Fall Favorite Decadent Fudge Brownies</p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|---|
|  |  |  |  |  |  |  |
| <p>Grilled Herb Chicken with Seasoned Grilled Veggies and Baked Sweet Potatoes</p> | <p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p> | <p>Jalapeño Turkey Burgers with Guacamole and Roasted Sweet Potato Bites</p> | <p>Meatball Flatbread Pizzas serve with Garden Salad</p> | <p>Chicken Fajita Bowls (use leftover Grilled Herb Chicken) with Cilantro Rice</p> | <p>Grilled Fish Tacos with leftover Cilantro Rice</p> | <p>Leftover Burger Bowls with Secret Sauce (use leftover turkey burgers and sweet potato bites)</p> |
| <p>To get 2 meals: Grill extra chicken for Thurs' dinner</p> | <p>To get 2 meals: Save extra sauce and meatballs for use in Wed's dinner</p> | <p>To get 2 meals: Make extra burgers and sweet potato bites for use in Sat's dinner</p> | | <p>*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings</p> | | |

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Blueberry Muffins](#) with eggs over easy and sausage

GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Spring Cleaning Detox Salad](#)