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

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY Image: Construction of the second	the nourishing home July 4-17 GF whole food meal plan							
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July 4th Treatl Try our favorite Red White Blue CupcakesMake extra burgers for use in Fir's dinner; make extra S.P. bites for Thurs' & Sat's dinner; make extra rice for Sat's dinnerMake extra shred beef for Thurs' & Sat's dinner; make extra rice for Sat's dinner; Sat's dinner; dified Shrimp raco Salad diriled Shrimp raco Salad s	Potato Salad and Patriotic Fruit & Cheese Tray Thank you to the men & women who have served and continue to	Easy BBQ Chicken Salad with Slow Cooker Baked Potatoes	Chicken Burgers with <u>Guacamole</u> and <u>Roasted Sweet</u>	Shredded Beef Tacos with Pico de Gallo and Cilantro Rice	Breakfast Hash (use leftover shredded beef & swt potato bites) Almond Flour	Bowl Salad (save time & use leftover burgers from Tuesday) with leftover Almond Flour	Burrito Bowls (use leftover shredded beef and leftover rice from Wed's	
Siow Cooker Rotisserie Chicken with Baby Potatoes & Carrots and Carden SaladFeatured Recipe Grilled Shrimp Miches Mith Pineapple Salsa and Cinnamon Dusted PlantainsTaco Tuesdayl Faco Tuesdayl Protoces Serve with Homemade Garden SaladGrilled Shrimp Taco Tuesdayl Serve with Garden SaladGrilled Shrimp Mith Garden Salad With Garden SaladBBQ Chicken Serve with Garden SaladBeef Taco Serve with Garden SaladTo get 3 meals: Fueals; use bones for Meal's Krift meals; use bonesTo get 2 meals: of Thurs' dinneTo get 2 meals: To get 3 meals; for thurs' dinneTo get 2 meals; for Sat's dinnerTo get 2 meals; for for Sat's dinnerTo get 2 meals; for for Sat's dinnerTo get 2 meals; for 	Try our favorite	chicken on July 4th and use leftover chicken	Make extra burgers for use in Fri's dinner; make extra S.P.	Make extra shred beef for Thurs' & Sat's dinners; make extra rice				
Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden SaladGrilled Shrimp Kebobs with Pineapple Salsa and Cinnamon Dusted PlantainsTaco Tuesday! Family Funl Croco-Tacos serve with Homemade GuacamoleEasy Healthy Chicken Ramen (if GF use rice noodles instead) with Garden SaladSandwiches (add BBQ sauce 	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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Make & freeze extra chix to use for Wed's & Fri's meals; use bones to make broth Delicious Gluten-Free Breakfast and Lunch Ideas								
	Rotisserie Chicken with Baby Potatoes & Carrots serve with	Grilled Shrimp Kebobs with Pineapple Salsa and Cinnamon Dusted	Family Fun Croco-Tacos serve with Homemade	Chicken Ramen (if GF use rice noodles instead) with	Taco Salad (use leftover grilled shrimp to save time) with Avocado Chimmichuri	Sandwiches (add BBQ sauce to leftover shredded chix) serve on Sweet Potato Buns	Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice with	
GF Breakfast Ideas: GF Lunch Ideas:	Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad To get 3 meals: Make & freeze extra chix to use for Wed's & Fri's meals; use bones	Grilled Shrimp Kebobs with Pineapple Salsa and Cinnamon Dusted Plantains To get 2 meals: Grill extra shrimp	Family Fund Croco-Tacos serve with Homemade Guacamole To get 2 meals: Make extra taco meat for	Chicken Ramen (if GF use rice noodles instead) with	Taco Salad (use leftover grilled shrimp to save time) with Avocado Chimmichuri	Sandwiches (add BBQ sauce to leftover shredded chix) serve on Sweet Potato Buns	Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice, with	

- Lemon Poppy Seed Muffins with boiled eggs and fruit
- Strawberry Kiwi Acai Bowls with boiled eggs
- Egg & Sausage Biscuits with sliced fruit

- Healthy Greens Wrap with sliced fruit
- Turkey BLT Roll-Ups with fresh fruit
- Leftover Slow Cooker Baked Potato with salad