

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 July 4-17 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>BBQ Chicken with Potato Salad and Patriotic Fruit & Cheese Tray</p> <p><i>Thank you to the men & women who have served and continue to serve our country!</i></p>	 <p>New Favorite! Easy BBQ Chicken Salad with Slow Cooker Baked Potatoes</p>	 <p>Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites</p>	 <p>Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice</p>	 <p>Easy & Tasty Breakfast Hash (use leftover shredded beef & swt potato bites) with leftover Almond Flour Biscuits</p>	 <p>Burger in a Bowl Salad (save time & use leftover burgers from Tuesday) with leftover Almond Flour Biscuits</p>	 <p>Beef & Veggie Burrito Bowls (use leftover shredded beef and leftover rice from Wed's dinner)</p>
<p>July 4th Treat! Try our favorite Red White & Blue Cupcakes</p>	<p>Make extra BBQ chicken on July 4th and use leftover chicken for this recipe</p>	<p>To get 2 meals: Make extra burgers for use in Fri's dinner; make extra S.P. bites for Thurs</p>	<p>To get 3 meals: Make extra shred beef for Thurs' & Sat's dinners; make extra rice for Sat's dinner</p>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad</p>	 <p><i>Featured Recipe</i> Grilled Shrimp Kebobs with Pineapple Salsa and Cinnamon Dusted Plantains</p>	 <p>Taco Tuesday! Family Fun! Croco-Tacos serve with Homemade Guacamole</p>	 <p>Easy Healthy Chicken Ramen (if GF use rice noodles instead) with Garden Salad</p>	 <p>Grilled Shrimp Taco Salad (use leftover grilled shrimp to save time) with Avocado Chimmichuri Dressing</p>	 <p>BBQ Chicken Sandwiches (add BBQ sauce to leftover shredded chix) serve on Sweet Potato Buns (or GF buns)</p>	 <p>Beef Taco Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice) with Cilantro Rice</p>
<p>To get 3 meals: Make & freeze extra chix to use for Wed's & Fri's meals; use bones to make broth</p>	<p>To get 2 meals: Grill extra shrimp for Thurs' dinner</p>	<p>To get 2 meals: Make extra taco meat for Sat's dinner</p>				

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Strawberry Kiwi Acai Bowls](#) with boiled eggs
- [Egg & Sausage Biscuits](#) with sliced fruit

GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with fresh fruit
- Leftover [Slow Cooker Baked Potato](#) with salad