

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 March 1-14 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Easy Beef & Broccoli Bowls</u> with <u>Cilantro Rice</u>	<u>Grilled Herb Chicken</u> with <u>Seaned Grilled Veggies</u> and <u>Baked Sweet Potatoes</u>	<u>Jalapeño Turkey Burgers</u> with <u>Guacamole</u> and <u>Roasted Sweet Potato Bites</u>	<u>Chicken Enchilada Skillet</u> (add leftover diced <u>grilled chicken</u> at end of cooktime) with <u>Cilantro Rice</u>	<u>Veggie Stir Fry</u> (add leftover beef from Sun's dinner at end of cook time)	<u>Chicken Fajita Bowls</u> (use leftover <u>Grilled Herb Chicken</u> and leftover <u>Cilantro Rice</u> or cauli-rice)	<u>Burger Salad</u> (use leftover <u>turkey burgers</u> and sweet potato bites) top w/Bacon, Sliced Tomatoes, Boiled Eggs & Avocado
To get 2 meals: Make extra beef and save for Thurs' dinner; make extra rice for Wednesday	To get 3 meals: Make grilled chix & save for Wed's and Fri's dinners	To get 2 meals: Make extra sw.potato bites and burgers for Sat's dinner	Make extra rice for Fri's dinner	Recipe Note: Substitute with precooked GF rice noodles, if desired.	*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Baked Pasta w/Sausage</u> (use leftover sausage; replace sage with fresh basil instead; if GF use GF pasta) Garden Salad	<u>Slow Cooker Beef Stew</u> with Spinach Salad with Avocado, Cucumber and Tomatoes <u>Italian Dressing</u>	<u>Easy Taco Skillet</u> serve with GF Tortillas and <u>Cilantro Rice</u>	<i>Featured recipe:</i> <u>Veggie Quiche with Hash Brown Crust</u> Mixed Greens Salad Sliced Fruit	<u>Pan Seared Balsamic Chicken with Pesto Zoodles</u> Garden Salad (or use GF pasta)	<u>Easy Taco Salad</u> (save time and use leftover veggie taco meat from Tuesday) top with <u>Cinnamon Dusted Plantains</u>	<u>Creamy Tomato Chicken Soup</u> (add <u>leftover diced balsamic chicken</u> to soup) Garden Salad and leftover <u>Almond Flour Biscuits</u>
To get 2 meals: Cook extra sausage and save for Wed's dinner		To get 2 meals: Cook extra veggie tacos and save for Friday's dinner		To get 2 meals: Make extra chicken for Saturday's dinner	Weekend Treat! Try our yummy Fall Favorite <u>Decadent Fudge Brownies</u>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

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

GF Lunch Ideas:

- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Apple-Apricot Chicken Salad](#) with fresh veggies