




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 29-Apr 11 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Southwestern Chicken Burgers with Roasted Sweet Potato Bites	Chicken Verde Lettuce Wraps with Cilantro Rice	Leftover Burger Salad with Bacon, Sliced Tomatoes, Boiled Eggs, Avocado & Leftover Sweet Potato Bites	Featured recipe: Pan-Seared Balsamic Chicken topped with Strawberry Salsa and leftover Cilantro Rice	Leftover Chicken Verde served over Butternut Squash Pasta with Garden Salad	Easy Pepper Steak with leftover Cilantro Rice	Chicken Tortilla Soup (add leftover diced chicken from Wed's dinner at end of cook time) serve with Garden Salad
To get 2 meals: Make extra burgers & bites for Tues' dinner	To get 2 meals: Make extra chicken for Thurs and extra rice for Wed & Friday		To get 2 meals: Make/save extra chicken for Sat's dinner		Weekend Treat! Try our favorite Strawberry Shortcakes	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Grilled Ribeye Steak with Grilled Veggies (or pan sear steaks and sauté veggies) and Slow Cooker Baked Potatoes	Savory Sausage & White Bean Soup Garden Salad with Avocado, Cucumber and Tomatoes	Easy Steak Salad (using leftover grilled steak) and Almond Flour Biscuits	Pesto "Pasta" with Zoodles or use GF Pasta (top with leftover sausage) Garden Salad with Italian Dressing	Steak & Eggs Rancheros (using leftover grilled steak) with Pico de Gallo with Garden Salad	Sausage & Kale Breakfast Casserole (replace ground sausage with fine-diced leftover sausage) Honey-Lime Fruit Salad	Grilled Pesto Chicken Skewers (use leftover pesto) with Cilantro Rice
To get 3 meals: Grill (or pan sear) extra steak for use in Tues' & Thurs' dinner	To get 3 meals: Sauté extra sausage for use in Wed's and Fri's dinners		Make extra pesto for Saturday's dinner			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Baked Egg Avocado Boats](#) with sliced fruit
- [Sausage Biscuit Nests](#) with [Strawberry Chia Jam](#)

GF Lunch Ideas:

- [Waldorf Chicken Salad](#)
- [Rainbow Thai Salad](#)
- [5-Minute Salmon Salad](#) in [Green Wraps](#)