

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 Oct 9-22 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Buffalo Chicken Sliders with Sweet Potato Buns <i>(or use your favorite GF buns)</i></p>	<p>New Favorite! Caprese Flank Steak Salad</p>	<p>Slow Cooker Caribbean Pulled Chicken Wraps with leftover Cilantro Rice</p>	<p>Buffalo Chicken Spaghetti Squash <i>(use leftover Buffalo Chicken to make this super quick & easy) with Garden Salad</i></p>	<p>Caribbean Tacos <i>(use leftover pulled chicken) with leftover Cilantro Rice</i></p>	<p>Veggie & Beef Stir Fry <i>(simply add leftover steak from Monday at end of cook time)</i></p>	<p>Loaded Baked Potato Soup with Garden Salad and Italian Dressing</p>
<p>To get 2 meals: Make extra chicken for Wed's dinner</p>	<p>To get 2 meals: Make extra steak & freeze for Fri; make xtra rice for Tues & Thurs</p>	<p>To get 2 meals: Make/save extra chicken for Thurs' dinner</p>		<p>Put leftover frozen steak in fridge overnight to thaw</p>		<p>Weekend Treat! Try our favorite Chocolate-Raspberry Brownie Bites</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Featured recipe: Roasted Lemon Spatchcock Chicken Mashed Potatoes and Mesclun Greens Salad</p>	<p>Sausage Hash Brown Casserole serve with Fruit Salad and Almond Flour Biscuits</p>	<p>Easy Pepper Steak with Basmati Rice</p>	<p>Baked Chicken Tacos! <i>(use leftover shredded roast chicken) serve with Homemade Guacamole</i></p>	<p>Steak & Eggs Rancheros <i>(use leftover steak from Tues) with Pico de Gallo with Garden Salad</i></p>	<p>Pineapple BBQ Chicken Bowls <i>(see recipe note below) with Basmati Rice</i></p>	<p>Savory Sausage & White Bean Soup <i>(add leftover sausage at end of cooktime to warm through) Garden Salad</i></p>
<p>To get 3 meals: Roast 2 chickens; shred extra chix for Wed & Fri; make bone broth with bones</p>	<p>To get 2 meals: Cook extra sausage & freeze for Sat's dinner</p>	<p>To get 2 meals: Sauté extra steak for use in Thurs' dinner</p>			<p>Recipe Note: Save time & toss leftover roast chicken with your favorite BBQ sauce</p>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Cinnamon-Apple Muffins](#) with scrambled eggs
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

GF Lunch Ideas:

- [Egg Roll in a Bowl!](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens