

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 sept wks 3-4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad</p>	 <p>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>Deconstructed Stuffed Pepper Bowls serve over Cilantro Rice</p>	 <p>Zucchini Breakfast Bake (use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) and Honey-Lime Fruit Salad</p>	 <p>Chicken & Avocado Quinoa Bowl (save time: use leftover roasted chicken)</p>	 <p>Beef Taco Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice) with leftover Cilantro Rice</p>
<p>To get 3 meals: Make & freeze extra chix to use for Tues' & Fri's meals; use bones to make broth</p>	<p>To get 3 meals: Make extra taco meat for Thurs' and Sat's dinner</p>		<p>Make extra cilantro rice for Sat's dinner</p>			<p>Weekend Treat! Try our favorite Cinnamon Crumb Coffee Cake</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <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>BBQ Chicken with Potato Salad and Sliced Fruit</p>	 <p>Shredded Beef Nachos (use leftover shredded beef) with Pico de Gallo and Guacamole</p>	 <p>Beef & Veggie Burrito Bowls (use leftover shredded beef and leftover rice from Mon's dinner)</p>	 <p>Burger in a Bowl Salad (save time & use leftover burgers from Sunday) with Almond Flour Biscuits</p>	 <p>Easy BBQ Chicken Salad (use leftover BBQ chicken) with Slow Cooker Baked Potatoes</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 Wed's & Thurs' dinners; make extra rice for Thurs' dinner</p>	<p>To get 2 meals: Make extra BBQ chicken for Sat's dinner</p>				
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> • Pumpkin Pie Muffins with boiled eggs • Simple Hash Browns with Eggs Over Easy • Fruit & Yogurt Parfait with boiled eggs 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> • Easy Lunchbox Wraps with fresh fruit • 5-Minute Salmon Salad in Green Wraps • Leftover Slow Cooker Baked Potato with salad 			