








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 April 11-24 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Bacon-Wrapped Steak</a> with Baked Potatoes <a href="#">Apple-Spinach Salad</a>	<a href="#">Deconstructed Stuffed Pepper Bowls</a> serve over <a href="#">Cilantro Rice</a>	<a href="#">Grilled Herb Turkey Breasts</a> (or cook on skillet) with <a href="#">Roasted Sweet Potato Bites</a> and Green Beans	<a href="#">Mexican-Style Hash Brown Casserole</a> (use taco seasoned ground beef instead of sausage) and <a href="#">Honey-Lime Fruit Salad</a>	Featured recipe: <a href="#">Strawberry Cobb Salad</a> (save time & use leftover grilled turkey instead) serve with <a href="#">Almond Flour Biscuits</a>	<a href="#">Easy Potato Soup</a> (add leftover diced grilled turkey; if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour) Garden Salad	<a href="#">Leftover Steak Caesar Salad</a> (use leftover steak and your favorite bottled dressing to make this meal even easier!) serve with leftover soup or baked potato
<b>To get 2 meals:</b> Make extra steak and freeze for Sat's dinner	<b>To get 2 meals:</b> Brown extra ground beef and season with taco seasoning for Wed's dinner	<b>To get 3 meals:</b> Make extra turkey for Thurs' & Fri's dinners		Make extra biscuits to use for the <b>Weekend Treat</b> recipe!	Make extra soup and serve with Sat's dinner; thaw leftover steak in fridge overnight for Sat	<b>Weekend Treat!</b> Try our favorite <a href="#">Strawberry Shortcakes</a>

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<a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime)	<a href="#">Beef Barbacoa</a> with <a href="#">Pico de Gallo</a> and <a href="#">Cilantro Rice</a>	<b>New Favorite!</b> <a href="#">One Skillet Chicken Verde Enchiladas</a> (use leftover shredded roast chicken) with leftover Cilantro Rice	<a href="#">Beef &amp; Veggie Burrito Bowls</a> (use leftover beef barbacoa and leftover rice from Monday's dinner)	<a href="#">Pineapple BBQ Chicken Bowls</a> (see recipe note below) with Basmati Rice	<a href="#">Slow Cooker Baked Potato Buffet</a> (top with leftover beef barbacoa; as well as diced green onion, cheese, sour cream, etc.) Garden Salad	<a href="#">Meatloaf Muffins</a> Mashed Potatoes and Sweet Peas
<b>To get 3 meals:</b> Roast an extra chix, for Tues & Thurs' dinners; use bones to make broth for soup	<b>To get 3 meals:</b> Make extra beef; save for Wed's & Fri's dinners Make extra rice for Tues & Wed			<b>Recipe Note:</b> Save time & toss leftover roast chicken with your favorite BBQ sauce		

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Blueberry Scones](#) with scrambled eggs
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

### GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)