

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 Dec 20-26 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Grilled Balsamic Chicken , Mashed Potatoes Grilled Asparagus	Slow Cooker Tangy Beef with leftover Mashed Potatoes and Steamed Broccoli	Coconut Flour Banana Buddies Pancakes Scrambled Eggs Bacon Fresh Fruit	Zoodle Primavera with Leftover Grilled Balsamic Chicken	Slow Cooker Baked Ham with Au Gratin Potatoes and Lemon Garlic Green Beans	Merry Christmas! Leftovers are a great way to enjoy more time with our families! (Leftover Ham, Potatoes & Green Beans)	Cream of Broccoli Soup topped with leftover Slow Cooker Tangy Beef Garden Salad
Daily Prep	Grill extra chicken for Wed & make extra potatoes for Mon	Save extra beef for Sat's' dinner			Save leftovers for Christmas Day!		

Delicious GF Breakfast and Lunch Ideas

Below are some healthy GF options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

GF Breakfast Ideas:

- [Apple Cider Donuts](#) with scrambled eggs and bacon
- [Cinnamon Apple Porridge](#) with boiled eggs & bacon
- [Banana Bread](#) with scrambled eggs
- [Huevos Rancheros](#) with berries

GF Lunch Ideas:

- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [2-Minute Tuna Salad](#) over mesclun greens
- [Turkey Salad Sandwiches](#) with raw veggies & ranch dip
- [Carrot-Cheddar Sandwich](#) with pineapple slices