

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 27-Jan 2 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Zoodle Sloppy Joes Garden Salad with Avocado, Cranberries & Apples	Sweet Potato Chili with Garden Salad	Crispy Lemon-Herb Chicken with Mashed Potatoes and Green Beans	Mexican Eggs Benedict served over baby greens Almond Flour Biscuits	Leftover Sweet Potato Chili with Garden Salad	Create your own pizza night! Serve with Garden Salad If grain-free, try this crust!	Shepherd's Pie with Leftover Mashed Potatoes Garden Salad with cucumber and tomato
Daily Prep	Save time & brown meat for the chili & shepherd's pie too	Save extra chili for Thurs' dinner	Double the potatoes and save for Sat's dinner				

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:

- [Cranberry Walnut Granola](#) with homemade coconut yogurt
- [Morning Glory Muffins](#) with eggs over easy and bacon
- [Simple Hash Browns](#) with scrambled eggs and sliced fruit
- [Fruit & Yogurt Parfait](#) with boiled eggs

GF Lunch Ideas:

- [Carrot-Ginger Soup](#) with garden salad
- [Healthy Lunch Wraps](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Carrot Cheddar Sandwiches](#) with sliced fruit