










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 19-Jan 1 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>New Favorite! Oven Fried Chicken with Mashed Potatoes and Green Beans</p>	<p>Beef Barbacoa with Pico de Gallo and Cilantro Rice</p>	<p>Easy Potato Soup <i>(add leftover diced chicken; if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour)</i> Garden Salad</p>	<p>Beef & Veggie Burrito Bowls <i>(use leftover beef barbacoa and leftover rice from Monday's dinner)</i></p>	<p>Chicken Cobb Salad <i>(save time & use leftover oven fried chicken instead)</i> serve with Almond Flour Biscuits</p>	<p>Christmas Eve Menu: Pineapple Glazed Ham with Au Gratin Potatoes and Lemon-Garlic Green Beans</p>	<p>Christmas Eve Leftovers <i>(enjoy more time with family and less time in the kitchen!)</i></p>
<p>To get 3 meals: Make extra chix for Tues' and Thurs' dinners</p>	<p>To get 2 meals: Make extra rice and save leftover shredded beef for Wed's dinner</p>			<p>Recipe Note: You can easily sub strawberries w/cherry or grape tomatoes instead</p>		<p>Featured Recipe! Enjoy decorating cookies together! Holiday Cookie Cut-Outs</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Savory Beef Cottage Pie serve with Garden Salad with Healthy Ranch Dressing</p>	<p>Grilled Herb Turkey Breasts <i>(or cook on skillet)</i> with Roasted Sweet Potato Bites and Green Beans</p>	<p>Beef Taco Lettuce Cups <i>(use leftover taco meat – add after cooking veggies to warm through)</i> Cilantro Rice</p>	<p>Harvest Turkey Salad <i>(use leftover grilled turkey and top with leftover Sweet Potato Bites)</i></p>	<p>Slow Cooker Taco Soup <i>(use leftover taco meat)</i> serve w/your fav. toppings like avocado, cilantro and sour cream</p>	<p>New Year's Eve Menu Bacon-Wrapped Steak with Baked Potatoes Apple-Spinach Salad</p>	<p>Happy 2022! Leftover Steak Caesar Salad <i>(use leftover steak and your favorite bottled dressing to enjoy more time with family and less time in the kitchen!)</i></p>
<p>To get 3 meals: Make extra ground beef & season w/taco seasoning for Tues & Thurs</p>	<p>To get 2 meals: Make extra turkey and sw.pot.bites for Wed's dinner</p>			<p>Recipe Note: Serve with warm tortillas or tortilla chips, if desired</p>	<p>To get 2 meals: Make extra steak for Fri's dinner</p>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Almond Flour Pancakes](#) w/ fresh berries
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Cauli-Pizza Bites](#) with salad
- [Tomato-Basil Cheese Pie](#) with mesclun greens