











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 Feb 14-27 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><b>Happy Valentine's Day Dinner!</b>  <a href="#">Bacon-Wrapped Steak</a> with Baked Potatoes  <a href="#">Apple-Spinach Salad</a></p>	<p><a href="#">Deconstructed Stuffed Pepper Bowls</a> serve over <a href="#">Cilantro Rice</a></p>	<p><a href="#">Grilled Herb Turkey Breasts</a> (or cook on skillet) with <a href="#">Roasted Sweet Potato Bites</a> and Green Beans</p>	<p><b>New Favorite!</b>  <a href="#">Slow Cooker Hamburger Soup</a> (add leftover ground beef from Monday's dinner) serve with your favorite toppings such as diced avocado, cilantro &amp; sour cream</p>	<p><a href="#">Harvest Turkey Salad</a> (use leftover grilled turkey and top with leftover <a href="#">Sweet Potato Bites</a>)</p>	<p><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</p>	<p><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</p>
<p><b>To get 2 meals:</b>            Make extra steak and freeze for Sat's dinner</p>	<p><b>To get 2 meals:</b>            Make extra ground beef for Wed's dinner</p>	<p><b>To get 3 meals:</b>            Make extra turkey for Thurs &amp; Fri; make extra sw.pot.bites for Thurs' dinner</p>			<p>Make extra soup and serve with Sat's dinner; thaw leftover steak in fridge overnight for Sat</p>	<p><b>Weekend Treat!</b>            Try our yummy Fall Favorite <a href="#">Decadent Fudge Brownies</a></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes &amp; Carrots (add Green Beans last 45 minutes of cooktime)</p>	<p><a href="#">Beef Barbacoa</a> with <a href="#">Pico de Gallo</a> and <a href="#">Cilantro Rice</a></p>	<p><a href="#">Baked Chicken Tacos!</a> (use leftover shredded roast chicken) serve with <a href="#">Homemade Guacamole</a></p>	<p><a href="#">Beef &amp; Veggie Burrito Bowls</a> (use leftover beef barbacoa and leftover rice from Monday's dinner)</p>	<p><a href="#">Pineapple BBQ Chicken Bowls</a> (see recipe note below) with leftover Basmati Rice</p>	<p><a href="#">Slow Cooker Baked Potato Buffet</a> (top with leftover beef barbacoa; as well as leftover green onion, cheese sour cream, etc.)            Garden Salad</p>	<p><a href="#">Meatloaf Muffins</a>            Mashed Potatoes and Sweet Peas</p>
<p><b>To get 3 meals:</b>            Roast an xtra chix, for Tues &amp; Thurs' dinners; use bones to make broth for soup</p>	<p><b>To get 3 meals:</b>            Make extra beef and rice; save leftover beef for Wed &amp; Friday</p>			<p><b>Recipe Note:</b>            Save time &amp; toss leftover roast chicken with your favorite BBQ sauce</p>	<p>Make a lot of baked pota; scoop out for mashed potatoes, save skins to make potato skins</p>	

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [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](#)