








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 February 2-15 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Grilled Ribeye Steak with Grilled Veggies (or pan sear steaks and sauté veggies) and Slow Cooker Baked Potatoes</p>	<p>Meatloaf Muffins Mashed Potatoes and Sweet Peas</p>	<p>Easy Steak Salad (using leftover Grilled Ribeye Steak) and Almond Flour Biscuits</p>	<p>Grilled Herb Turkey Breasts with Roasted Sweet Potato Bites and Green Beans</p>	<p>Steak & Eggs Rancheros with Pico de Gallo with Garden Salad</p>	<p>Harvest Turkey Salad (use leftover Grilled Turkey and leftover Sweet Potato Bites)</p>	<p>Easy Potato Soup (add leftover diced Grilled Turkey; and if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour)</p>
<p>To get 3 meals: Grill (or pan sear) extra steak for use in Tues' and Thurs' dinners</p>			<p>To get 3 meals: Grill extra turkey for Fri & Sat; make extra sweet potato bites for Fri's dinner</p>			<p>Weekend Treat! Try our favorite Chocolate Eclair Cupcakes</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Southwestern Chicken Burgers with Roasted Sweet Potato Bites</p>	<p>Slow Cooker Sweet Potato Chili (use precooked ground beef from Monday) Almond Flour Biscuits</p>	<p>Slow Cooker Garlic Thyme Chicken Mashed Potatoes and Green Beans</p>	<p>Leftover Burger Salad with Leftover Sweet Potato Bites, Bacon, Sliced Tomatoes, Boiled Eggs & Avocado Honey-Mustard Dressing</p>	<p>Savory Beef Cottage Pie (use precooked ground beef from Monday) serve with Garden Salad with Healthy Ranch Dressing</p>	<p>Grilled Salmon with Avocado Salsa serve over Basmati Rice</p>	<p>Leftover Slow Cooker Sweet Potato Chili serve over leftover Basmati Rice</p>
<p>To get 2 meals: Make extra burgers & bites for Wed's dinner</p>	<p>To get 3 meals: Brown extra ground beef for Thurs'; make extra chili for Sat</p>	<p>Make extra mashed potatoes for Thurs' dinner</p>			<p>Make extra rice for Sat's dinner</p>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Simple Hash Browns](#) with Eggs Over Easy
- [Cinnamon Waffles](#) with eggs and bacon
- [Veggie Scramble](#) and with [Honey-Lime Fruit Salad](#)

GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey BLT Roll-Ups](#) with fresh fruit