

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 Jan 10-16 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Simple Chicken Pot Pie and Garden Salad with cucumber and tomato	Broiled Fish Tacos with Homemade Pico de Gallo and Diced Avocado Cauli-Rice	Sweet-n-Spicy Crockpot Chicken , Leftover Cauli-Rice and Steamed Broccoli	Turkey-Veggie Meatloaf , Mashed Potatoes and Lemon Garlic Green Beans	Mexican Sweet Potato Soup (use chicken stock) topped with Sliced Avocado Spinach Salad with Apples, Walnuts and Queso Fresco	Lemon-Garlic Chicken , Leftover Mashed Potatoes and Steamed Broccoli	Leftover Mexican Sweet Potato Soup topped with Sliced Avocado Garden Salad topped with leftover shredded Lemon-Garlic Chicken
Daily Prep	Defrost fish fillets in fridge overnight	If grain-free, try these tortillas . Save leftover cauli-rice for Tues' dinner		Make a double batch of mashed potatoes, save half for Friday	Make a double batch of soup, save half for Saturday	Shred and save any leftover chicken for topping salad on Saturday	

Delicious Gluten-Free, Grain-Free Breakfast & Lunch Ideas

Below are some healthy grain-free 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:

- [Simple Healthy Breakfasts in 15 Minutes or Less!](#)
- [Pumpkin Breakfast Porridge](#) with boiled eggs and bacon
- [Prosciutto Wrapped Frittata Muffins](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

GF Lunch Ideas:

- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Zesty Crab Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey BLT Roll-Ups](#) with sliced fruit