








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 January 16-29 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Slow Cooker Rotisserie Chicken</u> with Baby Potatoes & Carrots serve with Garden Salad</p>	<p>Featured Recipe: <u>Slow Cooker Sweet Potato Chili</u> with <u>Almond Flour Biscuits</u></p>	<p><u>Easy Healthy Chicken Ramen</u> (if GF use rice noodles instead) with Garden Salad</p>	<p><u>Family Fun! Croco-Tacos</u> serve with <u>Homemade Guacamole</u></p>	<p>Breakfast for Dinner! <u>Almond Flour Pancakes</u> with Mixed Berries and <u>Veggie Egg Scramble</u></p>	<p>New Favorite! <u>Chili & Rice Stuffed Peppers</u> (use leftover chili from Monday) with Garden Salad</p>	<p><u>Easy Taco Salad</u> (save time and use leftover taco meat) top with <u>Cinnamon Dusted Plantains</u></p>
<p>To get 2 meals: Save extra chicken for Tues' dinner; use bones to make broth</p>	<p>To get 2 meals: Save extra chili for Fri's dinner</p>		<p>To get 2 meals: Make extra taco meat for Sat's dinner</p>			<p>Weekend Treat! Try our favorite <u>Raspberry Crumble Bars</u></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Savory Cottage Pie</u> with Mixed Greens Salad with <u>Healthy Ranch Dressing</u></p>	<p><u>Slow Cooker Shredded Beef Tacos</u> with <u>Pico de Gallo</u> and <u>Cilantro Rice</u></p>	<p><u>Jalapeño Turkey Burgers</u> with <u>Homemade Guacamole</u> and <u>Roasted Sweet Potato Bites</u></p>	<p><u>Easy & Tasty Breakfast Hash</u> (use leftover shredded beef) <u>Almond Flour Biscuits</u></p>	<p><u>Beef & Veggie Burrito Bowls</u> (use leftover shredded beef and leftover rice from Monday's dinner)</p>	<p><u>One Skillet Quinoa Turkey Tacos</u> (add leftover ground turkey after cooking quinoa & veggies to warm thru) serve with GF tortillas or lettuce leaves</p>	<p><u>Leftover Burger Bowls with Secret Sauce</u> (use leftover turkey burgers and sweet potato bites)</p>
<p>To get 2 meals: Brown extra ground turkey for Fri's dinner</p>	<p>To get 2 meals: Make extra rice and save leftover shredded beef for Thurs' dinner</p>	<p>To get 2 meals: Make xtra burgers for Sat's dinner; make extra guac for Thurs' dinner</p>	<p>Save extra biscuits for breakfast</p>			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- Veggie Scramble and leftover Cinnamon Plantains
- Almond Flour Biscuits with Strawberry Chia Jam
- Lemon Poppy Seed Muffins with boiled eggs and fruit

GF Lunch Ideas:

- Healthy Greens Wrap with sliced fruit
- Turkey BLT Roll-Ups with fresh fruit
- Egg Roll in a Bowl!