

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 Wks 1-2 GF Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Apple Cider Pulled Pork</a> with Mashed Sweet Potatoes and <a href="#">Homemade Coleslaw</a></p>	<p><a href="#">Grilled Ribeye Steak with Grilled Veggies</a> and <a href="#">Slow Cooker Baked Potatoes</a></p>	<p><a href="#">BBQ Pork Sliders</a> (use leftover <a href="#">Pulled Pork</a>) with leftover <a href="#">Homemade Coleslaw</a></p>	<p><a href="#">Sweet &amp; Spicy Steak Wraps</a> with <a href="#">Cilantro Rice</a> (make extra rice for Fri &amp; Sat)</p>	<p><a href="#">Chicken Verde Lettuce Wraps</a> with <a href="#">Cilantro Rice</a></p>	<p><a href="#">Pulled Pork Mango Bowls</a> (Add leftover <a href="#">Pulled Pork</a> and plantains to bowls; top with mango salsa &amp; avocado)</p>	<p><a href="#">Salsa Verde Chicken Soup</a> (use leftover slow cooker chicken verde – just add to soup at end of cooktime) with <a href="#">Almond Flour Biscuits</a></p>
<p><b>To get 3 meals:</b> Make double batch and save for Tues &amp; Fri; make extra slaw</p>	<p><b>To get 2 meals:</b> Make extra steak for Wed's dinner; grill extra veggies for Fri's dinner</p>		<p><b>Recipe Note:</b> Heat sauce in saucepan; add leftover grilled steak; toss to warm through.</p>	<p><b>To get 2 meals:</b> Make extra chicken for Sat's dinner</p>		<p><b>Weekend Treat!</b> Try our favorite <a href="#">Almond Oatmeal Cookies</a></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><i>Featured Recipe:</i> <a href="#">Roasted Lemon Spatchcock Chicken</a> with Mashed Potatoes and Mesclun Greens Salad</p>	<p><a href="#">Slow Cooker Marinara &amp; Meatballs</a> served over Zoodles (or GF pasta) Garden Salad</p>	<p><a href="#">Tropical Chicken Lettuce Wraps</a> (use leftover roast chicken) with <a href="#">Cilantro Rice</a></p>	<p><a href="#">Pork Tenderloin with Avocado Sauce</a> with Mashed Potatoes and Green Beans</p>	<p><a href="#">"Next-Over" Chicken Tacos</a> (use leftover roast chicken) and leftover <a href="#">Cilantro Rice</a></p>	<p><a href="#">Meatball Subs</a> (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	<p><a href="#">Rustic Veggie Soup</a> (Add leftover diced pork at end of cook time to warm through) and <a href="#">Almond Flour Biscuits</a></p>
<p><b>To get 3 meals:</b> Roast 2 chickens; shred extra chix for Tues &amp; Thurs; make bone broth with bones</p>	<p><b>To get 2 meals:</b> Save extra sauce and meatballs for use in Fri's dinner</p>	<p>Make extra rice for Thursday</p>	<p><b>To get 2 meals:</b> Make extra pork for Sat's dinner</p>			<p>Make extra biscuits &amp; save for breakfast</p>

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Egg & Sausage Biscuits](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

### GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- Leftover [Slow Cooker Baked Potato](#) with salad
- [Avocado Egg Salad](#) on a bed of mesclun greens