

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 21-Feb 3 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>Slow Cooker Rotisserie Chicken</u></a> with Baby Potatoes & Carrots <i>(add Green Beans last 45 minutes of cooktime)</i>	<a href="#"><u>Zoodle Sloppy Joes</u></a> Spinach Salad with Apples <a href="#"><u>Italian Dressing</u></a>	<a href="#"><u>Meatloaf Muffins</u></a> Mashed Potatoes and Sweet Peas	<a href="#"><u>Chicken Pho Bowl</u></a> with Bean Sprouts, Thai Basil, Lime Wedges	<a href="#"><u>Slow Cooker Beef Stew</u></a> with Mixed Greens Salad with <a href="#"><u>Italian Dressing</u></a>	<a href="#"><u>Savory Cottage Pie</u></a> with Mixed Greens Salad with <a href="#"><u>Healthy Ranch Dressing</u></a>	<a href="#"><u>Stuffed Sweet Potatoes</u></a> <i>(use leftover roast chicken instead)</i> with <a href="#"><u>BLT Salad</u></a> with cucumbers, tomato and avocado <a href="#"><u>Healthy Ranch Dressing</u></a>
Save leftover chicken for Wed & Sat; make bone broth		Make double batch of mashed potatoes and save half for Fri				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>Savory Sausage &amp; White Bean Soup</u></a> Garden Salad with Avocado, Cucumber and Tomatoes	<a href="#"><u>Slow Cooker Apple Cider Pulled Pork</u></a> with <a href="#"><u>Apple-Carrot Coleslaw</u></a> and Mashed Sweet Potatoes	<a href="#"><u>Southwestern Chicken Burgers</u></a> with leftover <a href="#"><u>Apple-Carrot Coleslaw</u></a> and <a href="#"><u>Roasted Sweet Potato Bites</u></a>	<a href="#"><u>Coconut Flour Banana Buddies Pancakes</u></a> Scrambled Eggs Bacon Fresh Fruit	Leftover <a href="#"><u>Slow Cooker Apple Cider Pulled Pork</u></a> topped with BBQ Sauce served over Baked Potatoes Garden Salad	Leftover <a href="#"><u>Savory Sausage &amp; White Bean Soup</u></a> with Baked Potatoes	<a href="#"><u>Easy Beef &amp; Broccoli Bowls</u></a> with <a href="#"><u>Cauli Rice</u></a> or Basmati Rice
Make extra soup and save for Thursday	Save extra coleslaw for Tues' dinner	Make extra burgers and save for Saturday	Make extra pancakes and save for breakfast			
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
<b>GF Breakfast Ideas:</b> <ul style="list-style-type: none"> <li>• <a href="#"><u>Morning Glory Muffins</u></a> with boiled eggs and bacon</li> <li>• <a href="#"><u>Cinnamon Apple Porridge</u></a> with boiled eggs</li> <li>• <a href="#"><u>Simple Hash Browns</u></a> with Eggs Over Easy</li> <li>• <a href="#"><u>Grab-n-Go Pancake Muffins</u></a> with boiled eggs</li> </ul>			<b>GF Lunch Ideas:</b> <ul style="list-style-type: none"> <li>• <a href="#"><u>Turkey, Cranberry &amp; Apple Salad</u></a> with mesclun greens</li> <li>• <a href="#"><u>Tomato-Basil Cheese Pie</u></a> with mesclun greens</li> <li>• <a href="#"><u>Zesty Crab Cakes</u></a> with raw veggies and <a href="#"><u>ranch dip</u></a></li> <li>• <a href="#"><u>Pineapple Chicken Salad</u></a> on a bed of mesclun greens</li> </ul>			