

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 3-9 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots Spinach Salad w/Diced Apples (or pears), and Walnuts Italian Dressing	Creamy Butternut Squash Soup with Grilled Cheese and Sliced Apple Sandwiches	Slow Cooker Garlic Thyme Chicken Mashed Sweet Potatoes Green Beans	Slow Cooker Sausage Casserole with Almond Flour Biscuits and Honey-Lime Fruit Salad	Beef Fajitas with Sliced Avocado Cauli-Rice or Baja-Style Cilantro Rice	Chicken Zoodle Soup with Mushrooms Mesclun Greens with cucumbers, tomato and avocado Healthy Ranch Dressing	Stuffed Sweet Potatoes (use leftover roast chicken instead) with BLT Salad with cucumbers, tomato and avocado Healthy Ranch Dressing
Daily Prep	Save leftover roast chicken for Fri and Sat dinners						

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

Below are some healthy GF 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:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Bacon & Egg Biscuits](#) with sliced fruit
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Smoky Sweet Potato Hash](#) with sliced fruit

GF Lunch Ideas:

- [Spinach Potato Pancakes](#) with garden salad
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Carrot Cheddar Sandwiches](#) with sliced fruit