



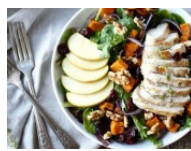









All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

the nourishing home Jan 30-Feb 12 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Beef Barbacoa</u> with <u>Pico de Gallo</u> and <u>Cilantro Rice</u>	<u>Grilled Herb Turkey Breasts</u> (or cook on skillet) with <u>Roasted Sweet Potato Bites</u> and Green Beans	Featured Recipe: <u>Veggie Quiche with Hash Brown Crust</u> Mixed Greens Salad Sliced Fruit	<u>Beef & Veggie Burrito Bowls</u> (use leftover beef barbacoa and leftover rice from Sunday's dinner; top with extra sweet potato bites from Monday's dinner)	<u>Harvest Turkey Salad</u> (use leftover turkey from Monday's dinner)	<u>Meatloaf Muffins</u> Mashed Potatoes and Sweet Peas	<u>Rustic Veggie Soup</u> (Add leftover sausage at end of cook time to warm through) and leftover <u>Almond Flour Biscuits</u>
To get 2 meals: Make extra beef and rice; save for Wed's dinner	To get 2 meals: Make extra turkey for Thurs & extra s.potato bites for Wed	To get 2 meals: Sauté extra sausage for Sat's dinner				Weekend Treat! Try our favorite <u>Double Chocolate Banana Bars</u>

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New Favorite! <u>Turkey Tostadas</u> with <u>Cilantro Rice</u>	<u>Cilantro Lime Chicken</u> (pan sear or grill) with Veggies and leftover <u>Cilantro Rice</u>	<u>Slow Cooker Hamburger Soup</u> (add leftover ground turkey from Sun's dinner) serve with your favorite toppings such as diced avocado, cilantro & sour cream	<u>Easy Cilantro Chicken Tacos</u> (make it easy—use leftover grilled cilantro chicken) serve with <u>Homemade Guacamole</u>	<u>Slow Cooker Sweet Potato Chili</u> (use precooked ground turkey from Sunday) <u>Almond Flour Biscuits</u>	<u>Pineapple BBQ Chicken Bowls</u> (see recipe note below) with leftover Basmati Rice	<u>Chili-Topped Slow Cooker Baked Potatoes</u> (use leftover chili to top potatoes; add additional toppings such as shredded cheese) with Garden Salad
To get 3 meals: Brown extra ground turkey for Tues' & Thurs' dinners; make extra rice	To get 3 meals: Grill extra chicken for Wed's & Fri's dinners			To get 2 meals: Save extra chili for Sat's dinner	Recipe Note: Save time & toss leftover grilled chicken with your favorite BBQ sauce	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Egg & Sausage Biscuits](#) with sliced fruit
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- Leftover [Slow Cooker Baked Potato](#) with salad
- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Rainbow Thai Salad](#)