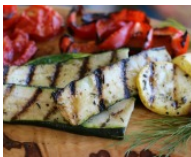


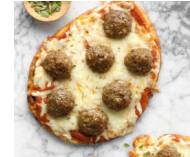





All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

# The nourishing home July 17-30 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>Slow Cooker Apple Cider Pulled Pork</u></a> with Mashed Sweet Potatoes and <a href="#"><u>Homemade Coleslaw</u></a>	<a href="#"><u>Slow Cooker Buffalo Chicken Sliders</u></a> with leftover coleslaw & <a href="#"><u>Sweet Potato Buns</u></a> (or use your favorite GF buns)	<a href="#"><u>Easy Taco Skillet</u></a> serve with GF Tortillas and <a href="#"><u>Cilantro Rice</u></a>	<a href="#"><u>BBQ Pork Sliders</u></a> (use leftover <a href="#"><u>Pulled Pork</u></a> ) with leftover <a href="#"><u>Homemade Coleslaw</u></a>	<a href="#"><u>Easy Taco Salad</u></a> (save time and use leftover taco meat from Monday) top with <a href="#"><u>Cinnamon Dusted Plantains</u></a>	<a href="#"><u>Buffalo Chicken Sweet Potatoes</u></a> (use leftover <a href="#"><u>Buffalo Chicken</u></a> from Tues) serve with Garden Salad	<a href="#"><u>Pulled Pork Mango Bowls</u></a> (Add leftover <a href="#"><u>Pulled Pork</u></a> and plantains to bowls; top with mango salsa & avocado)
<b>To get 3 meals:</b> Make double batch and save for Wed & Sat; make extra slaw	<b>To get 2 meals:</b> Make & save extra chicken to use to top sweet potatoes for Fri's dinner	<b>To get 2 meals:</b> Cook extra taco meat & save for Thurs' dinner; extra rice for Sat		Make extra plantains for Sat's dinner		<b>Weekend Treat!</b> Try our favorite <a href="#"><u>Banana Pudding Cake</u></a>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<i>Featured Recipe:</i> <a href="#"><u>Grilled Herb Chicken</u></a> with <a href="#"><u>Seasoned Grilled Veggies</u></a> and <a href="#"><u>Baked Sweet Potatoes</u></a>	<a href="#"><u>Slow Cooker Marinara &amp; Meatballs</u></a> served over Zoodles (or GF pasta) Garden Salad	<a href="#"><u>Jalapeño Turkey Burgers</u></a> with <a href="#"><u>Guacamole</u></a> and <a href="#"><u>Roasted Sweet Potato Bites</u></a>	<b>New Favorite!</b> <a href="#"><u>Meatball Flatbread Pizzas</u></a> serve with Garden Salad	<a href="#"><u>Chicken Fajita Bowls</u></a> (use leftover <a href="#"><u>Grilled Herb Chicken</u></a> ) with <a href="#"><u>Cilantro Rice</u></a>	<a href="#"><u>Grilled Salmon with Avocado Salsa</u></a> with leftover <a href="#"><u>Cilantro Rice</u></a>	<a href="#"><u>Leftover Burger Bowls with Secret Sauce</u></a> (use leftover <a href="#"><u>turkey burgers</u></a> and sweet potato bites)
<b>To get 2 meals:</b> Grill extra chicken for Thurs' dinner	<b>To get 2 meals:</b> Save extra sauce and meatballs for use in Wed's dinner	<b>To get 2 meals:</b> Make extra burgers and sweet potato bites for use in Sat's dinner		*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings		

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Blueberry Muffins](#) with eggs over easy and sausage

### GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Spring Cleaning Detox Salad](#)