

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 June 6-19 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Featured recipe:</b>  <a href="#">Grilled Herb Chicken with Pineapple Salsa</a>            serve over <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Grilled Ribeye Steak with Grilled Veggies</a>            and <a href="#">Slow Cooker Baked Potatoes</a></p>	 <p><a href="#">Greek Style Chicken Salad</a>  <i>(use leftover diced grilled chicken)</i>            serve with <a href="#">Almond Flour Biscuits</a></p>	 <p><a href="#">Sweet &amp; Spicy Steak Wraps</a>            with <a href="#">Roasted Sweet Potato Bites</a>  <i>(make extra for Thurs' dinner)</i></p>	 <p><b>New Favorite!</b>  <a href="#">Roasted Sweet Potato Black Bean Bowls</a>  <i>(use leftover grilled chix &amp; veggies &amp; leftover roasted sweet pot.ato bites)</i></p>	 <p><a href="#">One-Skillet Mediterranean Chicken</a>  <i>(use leftover diced chicken &amp; serve over leftover Cilantro Rice)</i>            Spinach Salad w/Avocado <a href="#">Italian Dressing</a></p>	 <p><a href="#">Easy Broccoli Cheddar Soup</a>            with Garden Salad</p>
<p><b>To get 4 meals:</b>            Grill extra chicken for Tues', Thurs' &amp; Fri's dinners; make extra rice for Fri's dinner</p>	<p><b>To get 2 meals:</b>            Make extra steak for Wed's dinner; grill extra veggies for Thurs' dinner</p>		<p><b>Recipe Note:</b>            Heat sauce in saucepan; add leftover grilled steak; toss to warm through.</p>	<p><b>Recipe Note:</b>            Use frozen pre-cooked quinoa, or sub with leftover rice if you prefer.</p>		<p><b>Weekend Treat!</b>            Try our favorite <a href="#">Almost Oatmeal Cookies</a></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Roasted Lemon Spatchcock Chicken</a>            with Mashed Potatoes and Mesclun Greens Salad</p>	 <p><a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a>            with Basmati Rice</p>	 <p><a href="#">Slow Cooker Marinara &amp; Meatballs</a>            served over Zoodles <i>(or GF pasta)</i>            Garden Salad</p>	 <p><a href="#">Tropical Chicken Lettuce Wraps</a>  <i>(use leftover roast chicken)</i>            with <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Caribbean Pork Mango Bowls</a>  <i>(Add leftover rice and leftover pulled pork to bowls; top w/red pepper slices, mango &amp; avocado)</i></p>	 <p><a href="#">"Next-Over" Chicken Tacos</a>  <i>(use leftover roast chicken)</i>            and leftover <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Meatball Subs</a>  <i>(top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese)</i>            serve with Garden Salad</p>
<p><b>To get 3 meals:</b>            Roast 2 chickens; shred extra chix for Wed &amp; Fri; make bone broth with bones</p>	<p><b>To get 2 meals:</b>            Save extra pulled pork for use in Thurs' dinner</p>	<p><b>To get 2 meals:</b>            Save extra meatballs &amp; sauce for Sat's dinner</p>	<p>Make extra rice for Thurs &amp; Friday</p>			

## 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
- [Fruit & Yogurt Parfait](#) with boiled eggs

### GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Waldorf Chicken Salad](#) with fresh fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens