

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 Mar 25-Apr 7 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Cast Iron Steaks with Herb Butter</u> Mashed Potatoes <u>Green Beans</u>	<u>One-Skillet Asian Style Lettuce Wraps</u> <i>(with diced avocado and mandarin orange slices)</i>	<u>Steak Cobb Salad</u> with <u>Almond Flour Biscuits</u>	<u>Grilled Shrimp Kebobs</u> with <u>Pineapple Salsa</u> and <u>Cauli-Rice</u> or <u>Cilantro Rice</u>	<u>Rustic Veggie Soup</u> <i>(add leftover grilled shrimp at end of cook time)</i> Garden Salad	<u>Savory Cottage Pie</u> with Mixed Greens Salad with <u>Healthy Ranch Dressing</u>	<u>Balsamic Chicken Veggie Bake</u> Garden Salad
Make extra steak for Tues, extra potatoes for Friday	Time-Saver: Place the potatoes & carrots on pan with chicken		Make extra shrimp to add to soup on Thursday			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Slow Cooker Marinara & Meatballs</u> served over Zoodles <i>(or sub with GF pasta)</i> Garden Salad	<u>Creamy Chicken & Veggies Soup</u> Spinach Salad <i>(add diced apple, boiled eggs & crumbled bacon)</i>	<u>Baked Chicken Parmesan</u> with Zoodles <i>(or GF pasta noodles)</i> Garden Salad	<i>Breakfast for Dinner Night</i> <u>Almond Flour Waffles</u> topped with frozen berries <i>(thawed)</i> <u>Turkey Breakfast Sausage</u>	<u>Slow Cooker Sweet & Spicy Chicken</u> with leftover Cauli-Rice or Basmati Rice Steamed Broccoli	<u>Creamy Chicken & Veggies Soup</u> Spinach Salad <i>(add diced apple, boiled eggs & crumbled bacon)</i>	<u>Slow Cooker Baked Potato Buffet</u> Garden Salad
Freeze extra meatballs for future meals; save extra sauce for Tuesday	Make extra soup and save for Friday					
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • <u>Pancake & Sausage Muffins</u> with fruit • <u>Veggie Scramble</u> and leftover <u>Cinnamon Plantains</u> • <u>Pumpkin Pie Porridge</u> with boiled eggs and bacon • <u>Turkey Sausage Patties</u> with eggs over easy and fruit 			GF Lunch Ideas: <ul style="list-style-type: none"> • <u>Healthy Greens Wrap</u> with sliced fruit • <u>Pineapple Chicken Salad</u> on a bed of mesclun greens • <u>Turkey BLT Roll-Ups</u> with sliced fruit • <u>Honey Balsamic Chicken Rolls</u> w/raw veggies & ranch 			