

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 March wks 1-2 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad</p>	 <p>Jalapeño Turkey Burgers with Homemade Guacamole and Roasted Sweet Potato Bites</p>	 <p>Easy Healthy Chicken Ramen <i>(if GF use rice noodles instead)</i> with Garden Salad</p>	 <p>Family Fun! Croco-Tacos serve with Homemade Guacamole</p>	 <p>Slow Cooker Chicken Teriyaki with Basmati Rice</p>	 <p>Leftover Burger Bowls with Secret Sauce <i>(use leftover turkey burgers and sweet potato bites)</i></p>	 <p>Breakfast Nachos <i>(use leftover taco meat instead of sausage, top with shredded cheese, if desired)</i> Pico de Gallo and Honey-Lime Fruit Salad</p>
<p>To get 2 meals: Save extra chicken for Tues' dinner; use bones to make broth</p>	<p>To get 2 meals: Make xtra burgers for Fri's dinner; make extra guac for Wed's dinner</p>		<p>To get 2 meals: Make extra taco meat for Sat's dinner</p>			<p>Weekend Treat! Try our favorite Raspberry Crumble Bars</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Savory Cottage Pie with Mixed Greens Salad with Healthy Ranch Dressing</p>	 <p>Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice</p>	 <p>Slow Cooker Buffalo Chicken Sliders with Sweet Potato Buns <i>(or use your favorite buns)</i></p>	 <p>Easy Turkey White Chili <i>(add leftover browned ground turkey to save time)</i> serve with Cornbread and Garden Salad</p>	 <p>Easy & Tasty Breakfast Hash <i>(use leftover shredded beef)</i> Almond Flour Biscuits</p>	 <p>Beef & Veggie Burrito Bowls <i>(use leftover shredded beef and leftover rice from Monday's dinner)</i></p>	 <p>Buffalo Chicken Sweet Potatoes <i>(use leftover Buffalo Chicken from Tues)</i> serve with Garden Salad</p>
<p>To get 2 meals: Brown extra ground turkey for Wed's dinner</p>	<p>To get 3 meals: Make extra shred beef for Thurs' & Fri's dinners; make extra rice for Fri's dinner</p>	<p>To get 2 meals: Make & save extra chicken to use to top sweet potatoes for Sat's dinner</p>		<p>Save extra biscuits for breakfast</p>		

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Egg & Sausage Biscuits](#) with sliced fruit

GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with fresh fruit
- [Egg Roll in a Bowl!](#)