








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 3-4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Bacon-Wrapped Steak with Baked Potatoes Apple-Spinach Salad	Deconstructed Stuffed Pepper Bowls serve over Cilantro Rice	Grilled Herb Turkey Breasts (or cook on skillet) with Roasted Sweet Potato Bites and Green Beans	Mexican-Style Hash Brown Casserole (use taco seasoned ground beef instead of sausage) and Honey-Lime Fruit Salad	Featured recipe: Strawberry Cobb Salad (save time & use leftover grilled turkey instead) serve with Almond Flour Biscuits	Easy Potato Soup (add leftover diced grilled turkey; if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour) Garden Salad	Leftover Steak Caesar Salad (use leftover steak and your favorite bottled dressing to make this meal even easier!) serve with leftover soup or baked potato
To get 2 meals: Make extra steak and freeze for Sat's dinner	To get 2 meals: Brown extra ground beef and season with taco seasoning for Wed's dinner	To get 3 meals: Make extra turkey for Thurs' & Fri's dinners		Make extra biscuits to use for the Weekend Treat recipe!	Make extra soup and serve with Sat's dinner; thaw leftover steak in fridge overnight for Sat	Weekend Treat! Try our favorite Strawberry Shortcakes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime)	Beef Barbacoa with Pico de Gallo and Cilantro Rice	One Skillet Chicken Verde Enchiladas (use leftover shredded roast chicken) with leftover Cilantro Rice	Beef & Veggie Burrito Bowls (use leftover beef barbacoa and leftover rice from Monday's dinner)	Pineapple BBQ Chicken Bowls (see recipe note below) with Basmati Rice	Slow Cooker Baked Potato Buffet (top with leftover beef barbacoa; as well as diced green onion, cheese, sour cream, etc.) Garden Salad	Lemon Butter Chicken Pasta (use leftover chicken from Sunday) with Garden Salad
To get 4 meals: Roast an xtra chix, for Tues, Thurs' & Sat's dinners; use bones to make broth for soup	To get 3 meals: Make extra beef; save for Wed's & Fri's dinners Make extra rice for Tues & Wed			Recipe Note: Save time & toss leftover roast chicken with your favorite BBQ sauce		

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Fruit & Yogurt Parfait](#) with boiled eggs
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)