

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 Nov 7-20 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>Taco Tuesday! Family Fun! Croco-Tacos serve with Homemade Guacamole</p>	 <p>Featured recipe: Creamy Pumpkin Soup (add leftover roasted chicken) with Garden Salad and leftover Almond Flour Biscuits</p>	 <p>Breakfast for Dinner! Almond Flour Pancakes with Mixed Berries and Veggie Egg Scramble</p>	 <p>Zucchini Breakfast Bake (use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) and Honey-Lime Fruit Salad</p>	 <p>Chicken & Avocado Quinoa Bowl (save time: use leftover roasted chicken)</p>	 <p>Beef Taco Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice) with leftover Cilantro Rice</p>
<p>To get 3 meals: Make & freeze extra chix to use for Tues' & Fri's meals; use bones to make broth</p>	<p>To get 3 meals: Make extra taco meat for Thurs' and Sat's dinner</p>					<p>Weekend Treat! Try our yummy Fall Favorite Pumpkin Praline Bars</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>BBQ Chicken with Potato Salad and Sliced Fruit</p>	 <p>Easy BBQ Chicken Salad (use leftover BBQ chicken) with Slow Cooker Baked Potatoes</p>	 <p>Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites</p>	 <p>New Favorite! Healthier Hamburger Helper with Garden Salad</p>	 <p>Leftover Burger Bowls with Secret Sauce (use leftover turkey burgers and sweet potato bites)</p>	 <p>Deconstructed Stuffed Pepper Bowls serve over Cilantro Rice</p>	 <p>Easy Skillet Lasagna with Garden Salad</p>
<p>To get 2 meals: Make extra BBQ chicken for Mon's dinner</p>		<p>To get 2 meals: Make extra burgers and sweet potato bites for Thurs</p>	<p>To get 3 meals: Brown extra ground beef for Fri's & Sat's dinners</p>			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Pumpkin Pie Muffins](#) with boiled eggs
- [Simple Hash Browns](#) with Eggs Over Easy
- [Fruit & Yogurt Parfait](#) with boiled eggs

GF Lunch Ideas:

- [Easy Lunchbox Wraps](#) with fresh fruit
- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- Leftover [Slow Cooker Baked Potato](#) with salad