

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 Oct 18-24 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Slow Cooker Roasted Chicken Mashed Potatoes and Lemon Garlic Green Beans	Broiled Fish Tacos w/fresh salsa and guacamole and grain-free Cauli-Rice or gluten-free Baja-Style Rice	Turkey-Veggie Meatloaf , Leftover Mashed Potatoes and Leftover Green Beans	Bacon Zucchini and Red Pepper Frittata Mesclun Salad with cucumbers, tomato and avocado Healthy Ranch Dressing	Lemon-Garlic Chicken , Steamed Broccoli and Veggie Cauli-Rice (or Veggie Rice)	Hearty Minestrone Soup (if grain-free, use zoodles in place of pasta) and Garden Salad topped with Leftover Shredded Lemon-Garlic Chicken	Simple Chicken Pot Pie and Garden Salad with cucumber and tomato
Daily Prep	Save leftover chicken for Sat's dinner; make extra potatoes for Tues' dinner						

DELICIOUS GF BREAKFAST AND LUNCH IDEAS

Below are some healthy grain-free options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

Grain-Free Breakfast Ideas:

- [Pizza Frittata](#) with sliced fruit
- [Prosciutto Wrapped Frittata Muffins](#) with sliced fruit
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

Grain-Free Lunch Ideas:

- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Waldorf Salad](#) (replace buttermilk with coconut milk)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit