the nourishing home October 9-22 whole food meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots Garden Salad	Easy Veggie Pasta (if you're grain-free use zoodles instead of GF pasta)	Slow Cooker Italian Roast Spinach Salad with Avocado Green Goddess Dressing	Enchilada Pot Pie with Mesclun Salad with Avocado and Cucumber	Sausage & Kale Breakfast Casserole with Honey-Lime Fruit Salad	Cobb Salad (use leftover Rotisserie Chicken) with Slow Cooker Baked Potatoes	Stir Fry with Yellow Squash Zoodles (be sure to double the recipe, reduce red pepper for less spicy option)
Save leftover chicken for Wed's & Fri's dinners						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grilled Flank Steak with Avocado Chimchurri and Cauli-Rice or Baja-Style Cilantro Rice	Orange Chicken with leftover Cauli Rice or Basmati Rice Steamed Broccoli	Turkey-Veggie Meatloaf, Mashed Potatoes Steamed Asparagus	Coconut Flour Banana Buddies Pancakes Scrambled Eggs Bacon Fresh Fruit	Slow Cooker Garlic Thyme Chicken Leftover Mashed Potatoes and Garden Salad	Grilled Salmon with Avocado Salsa Basmati Rice or Cauli-Rice and Mesclun Greens Salad	Steak Cobb Salad with Almond Flour Biscuits
Grill extra steak save for Fri's dinner; save rice for Mon		Make extra potatoes and save for Thurs	Make extra pancakes and save for			

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- Denver Omelete Cups top with avocado slices
- **Grain-Free Granola** with boiled eggs
- Raspberry Acai Bowls with boiled eggs
- Simple Hash Browns with Eggs Over Easy

GF Lunch Ideas:

- Egg Roll in a Bowl
- <u>Healthy Greens Wrap</u> with sliced fruit
- Turkey BLT Roll-Ups with sliced fruit
- Pineapple Chicken Salad on a bed of mesclun greens