

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 August 14-27 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes &amp; Carrots serve with Garden Salad</p>	<p>Taco Tuesday! <a href="#">Family Fun! Croco-Tacos</a> serve with <a href="#">Homemade Guacamole</a></p>	<p><a href="#">Easy Healthy Chicken Ramen</a> (if GF use rice noodles instead) with Garden Salad</p>	<p><a href="#">Deconstructed Stuffed Pepper Bowls</a> serve over <a href="#">Cilantro Rice</a></p>	<p><a href="#">Zucchini Breakfast Bake</a> (use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) and <a href="#">Honey-Lime Fruit Salad</a></p>	<p><a href="#">Chicken Enchiladas</a> (save time: use leftover chix &amp; store-bought enchilada sauce) with leftover <a href="#">Cilantro Rice</a></p>	<p><a href="#">Beef Taco Lettuce Cups</a> (add leftover taco meat after cooking veggies to warm through &amp; serve over rice) with leftover <a href="#">Cilantro Rice</a></p>
<p><b>To get 3 meals:</b> Make &amp; freeze extra chix to use for Tues' &amp; Fri's meals; use bones to make broth</p>	<p><b>To get 3 meals:</b> Make extra taco meat for Thurs' and Sat's dinner</p>		<p>Make extra cilantro rice for Fri's and Sat's dinners</p>			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">BBQ Chicken</a> with <a href="#">Potato Salad</a> and Sliced Fruit</p>	<p><a href="#">Slow Cooker Shredded Beef Tacos</a> with <a href="#">Pico de Gallo</a> and <a href="#">Cilantro Rice</a></p>	<p><a href="#">Southwestern Chicken Burgers</a> with <a href="#">Guacamole</a> and <a href="#">Roasted Sweet Potato Bites</a></p>	<p><b>New Favorite!</b> <a href="#">Shredded Beef Enchiladas</a> (use leftover shred beef and leftover rice from Mon's dinner) serve with <a href="#">Homemade Guacamole</a></p>	<p><a href="#">Burger in a Bowl Salad</a> (save time &amp; use leftover burgers from Tuesday) with <a href="#">Almond Flour Biscuits</a></p>	<p><a href="#">Easy BBQ Chicken Salad</a> (use leftover BBQ chicken) with <a href="#">Slow Cooker Baked Potatoes</a></p>	<p><a href="#">Beef &amp; Veggie Burrito Bowls</a> (use leftover shredded beef and leftover rice from Mon's dinner)</p>
<p><b>To get 2 meals:</b> Make extra BBQ chicken and freeze for Fri's dinner</p>	<p><b>To get 3 meals:</b> Make extra shred beef for Wed's' &amp; Sat's dinners; make extra rice for Wed's dinner</p>	<p><b>To get 2 meals:</b> Make extra burgers for use in Thurs' dinner; make extra S.P. bites for Thurs</p>		<p>Thaw leftover BBQ chicken in fridge overnight</p>		

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Overnight Oats in a Jar \(Featured Recipe!\)](#)
- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Strawberry Kiwi Acai Bowls](#) with boiled eggs

### GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with fresh fruit
- Leftover [Slow Cooker Baked Potato](#) with salad