

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 16-29 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Roasted Lemon Spatchcock Chicken</u> with Baby Potatoes and Mesclun Greens Salad	<u>Grilled Ribeye Steak with Grilled Veggies</u> and <u>Slow Cooker Baked Potatoes</u>	<u>Tropical Chicken Lettuce Wraps</u> <i>(use leftover roast chicken)</i> with <u>Cilantro Rice</u>	<i>Featured recipe:</i> <u>Grilled Fajita Steak Salad</u> with <u>Pico de Gallo</u>	<u>“Next-Over” Chicken Tacos</u> <i>(use leftover roast chicken)</i> and leftover <u>Cilantro Rice</u>	<u>Easy Pepper Steak</u> <i>(see note below)</i> with Basmati Rice	<u>Meatloaf Muffins</u> Mashed Potatoes and Sweet Peas
To get 3 meals: Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones	To get 3 meals: Make extra steak for Wed’s & Fri’s dinners	Make extra rice for Thursday	Recipe Note: Save time by using leftover grilled ribeye from Monday		Recipe Note: Save time by using leftover grilled ribeye from Monday	Weekend Treat! Try our yummy Fall Favorite <u>Decadent Fudge Brownies</u>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Hamburger Soup</u> <i>(if desired, add cheese for cheeseburger soup)</i> serve with Garden Salad	<u>Grilled Herb Chicken with Pineapple Salsa</u> serve over <u>Cilantro Rice</u>	<u>Slow Cooker Beef Stew</u> with Spinach Salad with Avocado, Cucumber and Tomatoes <u>Italian Dressing</u>	<u>Greek Style Chicken Salad</u> <i>(use leftover diced grilled chicken)</i> serve with <u>Almond Flour Biscuits</u>	<u>Breakfast Nachos</u> <i>(use leftover taco meat instead of sausage, top with shredded cheese, if desired)</i> <u>Pico de Gallo</u> and <u>Honey-Lime Fruit Salad</u>	<u>One-Skillet Mediterranean Chicken</u> <i>(use leftover grilled chicken & serve over leftover Cilantro Rice)</i> Spinach Salad w/Avocado <u>Italian Dressing</u>	<u>Zucchini Breakfast Bake</u> <i>(use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired)</i> Leftover Fruit Salad <u>Almond Flour Biscuits</u>
To get 3 meals: Brown extra ground meat. Add taco season to use in Thurs’ & Sat’s dinners	To get 3 meals: Grill extra chicken for Wed’s & Fri’s dinners; make extra rice for Fri’s dinner			Make extra fruit salad for Sat’s dinner		
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • <u>Almond Flour Pancakes</u> w/ fresh berries • <u>Sweet Potato Toasts</u> with sliced fruit • <u>Strawberry Kiwi Acai Bowls</u> with boiled eggs 				GF Lunch Ideas: <ul style="list-style-type: none"> • Leftover <u>Slow Cooker Baked Potato</u> with salad • <u>Avocado Egg Salad</u> on a bed of mesclun greens • <u>Cauli-Pizza Bites</u> with salad 		