


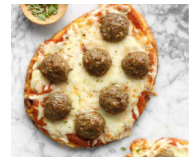





All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

# The nourishing home Aug 28-sept 10 whole food meal plan

| SUNDAY                                                                                             | MONDAY                                                                               | TUESDAY                                                                                  | WEDNESDAY                                                                                         | THURSDAY                                                                                                            | FRIDAY                                                                                                                                           | SATURDAY                                                                                                                |
|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
|                   |     |         |                  |                                   |                                                               |                                      |
| <b>Slow Cooker Apple Cider Pulled Pork</b> with Mashed Sweet Potatoes and <b>Homemade Coleslaw</b> | <i>Featured Recipe:</i> <b>Chicken Verde Lettuce Wraps</b> with <b>Cilantro Rice</b> | <b>Easy Taco Skillet</b> serve with GF Tortillas and <b>Cilantro Rice</b>                | <b>BBQ Pork Sliders</b> (use leftover <b>Pulled Pork</b> ) with leftover <b>Homemade Coleslaw</b> | <b>Easy Taco Salad</b> (save time and use leftover taco meat from Monday) top with <b>Cinnamon Dusted Plantains</b> | Leftover <b>Chicken Verde</b> served over <b>Butternut Squash Pasta</b> (or serve over leftover rice from Tues' dinner) with <b>Garden Salad</b> | <b>Pulled Pork Mango Bowls</b> (Add leftover <b>Pulled Pork</b> and plantains to bowls; top with mango salsa & avocado) |
| <b>To get 3 meals:</b> Make double batch and save for Wed & Sat; make extra slaw                   | <b>To get 2 meals:</b> Make extra chicken for Fri's dinner                           | <b>To get 2 meals:</b> Cook extra taco meat & save for Thurs' dinner; extra rice for Sat |                                                                                                   | Make extra plantains for Sat's dinner                                                                               |                                                                                                                                                  | <b>Weekend Treat!</b> Try our favorite <b>Banana Pudding Cake</b>                                                       |

| SUNDAY                                                                                           | MONDAY                                                                                                   | TUESDAY                                                                                    | WEDNESDAY                                                                           | THURSDAY                                                                                            | FRIDAY                                                                                | SATURDAY                                                                                                   |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
|               |                       |         |  |                 |  |                       |
| <b>Grilled Herb Chicken</b> with <b>Seasoned Grilled Veggies</b> and <b>Baked Sweet Potatoes</b> | <b>Slow Cooker Marinara &amp; Meatballs</b> served over <b>Zoodles</b> (or GF pasta) <b>Garden Salad</b> | <b>Jalapeño Turkey Burgers</b> with <b>Guacamole</b> and <b>Roasted Sweet Potato Bites</b> | <b>Meatball Flatbread Pizzas</b> serve with <b>Garden Salad</b>                     | <b>Chicken Fajita Bowls</b> (use leftover <b>Grilled Herb Chicken</b> ) with <b>Cilantro Rice</b>   | <b>New Favorite! Grilled Fish Tacos</b> with leftover <b>Cilantro Rice</b>            | <b>Leftover Burger Bowls with Secret Sauce</b> (use leftover <b>turkey burgers</b> and sweet potato bites) |
| <b>To get 2 meals:</b> Grill extra chicken for Thurs' dinner                                     | <b>To get 2 meals:</b> Save extra sauce and meatballs for use in Wed's dinner                            | <b>To get 2 meals:</b> Make extra burgers and sweet potato bites for use in Sat's dinner   |                                                                                     | *Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings |                                                                                       |                                                                                                            |

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Blueberry Muffins](#) with eggs over easy and sausage

### GF Lunch Ideas:

- [Waldorf Chicken Salad](#) with fresh fruit
- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Spring Cleaning Detox Salad](#)