









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 Dec 18-31 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Oven Fried Chicken</u> with Mashed Potatoes and <u>Green Beans</u>	<u>Beef Barbacoa</u> with <u>Pico de Gallo</u> and <u>Cilantro Rice</u>	<u>Easy Potato Soup</u> <i>(add leftover diced chicken; if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour)</i> Garden Salad	<i>Breakfast for Dinner!</i> <u>Almond Flour Pancakes</u> with Mixed Berries and <u>Veggie Egg Scramble</u>	<u>Chicken Cobb Salad</u> <i>(save time & use leftover oven fried chicken instead)</i> serve with <u>Almond Flour Biscuits</u>	<u>Beef & Veggie Burrito Bowls</u> <i>(use leftover beef barbacoa and leftover rice from Monday's dinner)</i>	Christmas Eve Menu: <u>Pineapple Glazed Ham</u> with <u>Au Gratin Potatoes</u> and <u>Lemon-Garlic Green Beans</u>
To get 3 meals: Make extra chix for Tues' and Thurs' dinners	To get 2 meals: Make extra rice and save leftover shredded beef for Fri's dinner			Recipe Note: You can sub strawberries w/cherry or grape tomatoes instead		Featured Recipe! Enjoy decorating cookies together! <u>Holiday Cookie Cut-Outs</u>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Merry Christmas! <i>(Christmas Eve Leftovers allow you to enjoy more time with family and less time in the kitchen!)</i>	<u>Grilled Herb Turkey Breasts</u> <i>(or cook on skillet)</i> with <u>Roasted Sweet Potato Bites</u> and Green Beans	<u>Savory Beef Cottage Pie</u> serve with Garden Salad with <u>Healthy Ranch Dressing</u>	<u>Beef Taco Lettuce Cups</u> <i>(use leftover taco meat)</i> with <u>Cilantro Rice</u>	<u>Harvest Turkey Salad</u> <i>(use leftover grilled turkey and top with leftover Sweet Potato Bites)</i>	<u>Easy Taco Soup</u> <i>(use leftover taco meat)</i> serve w/your fav. toppings like avocado, cilantro and sour cream	New Year's Eve Menu <u>Bacon-Wrapped Steak</u> with Baked Potatoes <u>Apple-Spinach Salad</u>
	To get 2 meals: Make extra turkey and sw.pot.bites for Wed's dinner	To get 3 meals: Make extra ground beef & season w/taco seasoning for Wed & Fri				

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Almond Flour Pancakes](#) w/ fresh berries
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Cauli-Pizza Bites](#) with salad
- [Tomato-Basil Cheese Pie](#) with mesclun greens