
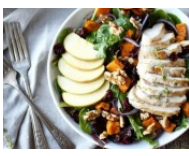
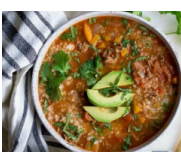





All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

# the nourishing home Dec 20-Jan 2 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Hamburger Soup</a> (if desired, add cheese for cheeseburger soup) serve with Garden Salad</p>	<p><b>New Favorite!</b> <a href="#">Beef Barbacoa</a> with <a href="#">Pico de Gallo</a> and <a href="#">Cilantro Rice</a></p>	<p><a href="#">Zucchini Breakfast Bake</a> (use taco meat from Sun instead; mix in 1/2 cup of shredded cheese, if desired) Fruit Salad &amp; <a href="#">Almond Flour Biscuits</a></p>	<p><a href="#">Beef &amp; Veggie Burrito Bowls</a> (use leftover beef barbacoa and leftover rice from Monday's dinner)</p>	<p>Christmas Eve Menu: <a href="#">Pineapple Glazed Ham</a> with <a href="#">Au Gratin Potatoes</a> and <a href="#">Lemon-Garlic Green Beans</a></p>	<p>Christmas Eve Leftovers (enjoy more time with family and less time in the kitchen!)</p>	<p><a href="#">Meatloaf Muffins</a> Mashed Potatoes and Sweet Peas</p>
<p><b>To get 3 meals:</b> Brown extra ground meat &amp; season with taco seasoning for Tues' dinner</p>	<p><b>To get 2 meals:</b> Make extra rice and save leftover shredded beef for Wed's dinner</p>				<p><b>Holiday Treat!</b> Enjoy decorating cookies together! <a href="#">Holiday Cookie Cut-Outs</a></p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Grilled Herb Turkey Breasts</a> (or cook on skillet) with <a href="#">Roasted Sweet Potato Bites</a> and Green Beans</p>	<p><a href="#">Deconstructed Stuffed Pepper Bowls</a> serve over <a href="#">Cilantro Rice</a></p>	<p><a href="#">Harvest Turkey Salad</a> (use leftover grilled turkey and top with leftover <a href="#">Sweet Potato Bites</a>)</p>	<p><a href="#">Slow Cooker Taco Soup</a> (add leftover ground beef from Monday's dinner) serve with your favorite toppings such as diced avocado, cilantro &amp; sour cream</p>	<p>New Year's Eve Menu <a href="#">Bacon-Wrapped Steak</a> with Baked Potatoes <a href="#">Apple-Spinach Salad</a></p>	<p>Happy 2021! <a href="#">Leftover Steak Caesar Salad</a> (use leftover steak and your favorite bottled dressing to enjoy more time with family and less time in the kitchen!)</p>	<p><a href="#">Easy Potato Soup</a> (add leftover diced grilled turkey; if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour) Garden Salad</p>
<p><b>To get 3 meals:</b> Make extra turkey for Tues &amp; freeze xtra for Sat; make xtra sw.pot.bites for Tues' dinner</p>	<p><b>To get 2 meals:</b> Make extra ground beef &amp; rice for Wed's dinner</p>		<p><b>Recipe Note:</b> If desired, cauliflower can be substituted with pre-cooked rice at end of cook time.</p>	<p><b>To get 2 meals:</b> Make extra steak for Fri's dinner</p>		

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Pumpkin Pie Muffins](#) with boiled eggs
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

### GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)