

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 22-Jan 4 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Potato Casserole Lasagna (add shredded cheese, if desired) with Mixed Greens Salad</p>	<p>Slow Cooker Sweet Potato Chili (add 1 can drained black beans, if desired) serve over Basmati Rice with Cornbread</p>	<p>Christmas Eve Menu: Pineapple Glazed Ham with Au Gratin Potatoes and Lemon-Garlic Green Beans</p>	<p>Merry Christmas! Leftovers are a great way to enjoy more time with our families! (Simply reheat leftover ham, potatoes & green beans.)</p>	<p>Chili-Topped Slow Cooker Baked Potatoes with Garden Salad (use leftover chili to top potatoes)</p>	<p>Pan Seared Balsamic Chicken with Pesto Zoodles Garden Salad (or use GF pasta)</p>	<p>Grilled Chicken Mexican Salad Bowls (use leftover balsamic chicken and leftover rice from Monday; serve with leftover baked potatoes)</p>
<p>To get 2 meals: Brown extra ground beef & save for use in Tues' chili dinner</p>	<p>To get 2 meals: Save extra chili for use in Thurs' dinner; make extra rice & save for Sat's dinner</p>	<p><i>Note: I adjust the ham recipe for a 6 lb ham which feeds 6-8 with leftovers</i></p>	<p>Holiday Treat! Try our favorite holiday cookies! Gingersnap Cookies</p>	<p>Make extra baked potatoes for Sat's dinner</p>	<p>To get 2 meals: Make extra chicken for Sat's dinner</p>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes & Green Beans</p>	<p>Grilled Herb Chicken with Seasoned Grilled Veggies and Cilantro Rice</p>	<p>New Year's Eve Menu! Bacon Wrapped Filet Mignon with Baked Potatoes and Bacon-Apple Spinach Salad (see note in filet recipe for salad)</p>	<p>Leftover Pulled Pork Mango Bowls (Add leftover rice to bowls, top with leftover Pulled Pork and veggies, plus diced mango & avocado. Yum!)</p>	<p>Greek Style Chicken Salad (use leftover diced grilled chicken and toss in extra diced veggies) serve with Almond Flour Biscuits</p>	<p>Easy One Skillet Chicken & Veggie Stir Fry (save time by using leftover grilled chicken; substitute with precooked GF Pasta, if desired)</p>	<p>BBQ Pork Sliders (use leftover Pulled Pork) with Potato Salad and Apple Slices</p>
<p>To get 3 meals: Make & freeze extra pulled pork for use in Wed's & Sat's dinners</p>	<p>To get 3 meals: Grill extra chicken for Thurs' & Fri's dinners; grill extra veggies and make extra rice for Wed</p>	<p>New Year Treat! A favorite to start the New Year! Double Chocolate Cream Pie</p>	<p>Happy New Year! Leftovers are a great way to enjoy more time with our families!</p>	<p>Make extra biscuits and save for breakfast</p>		<p>Use your favorite GF bun or serve on Roasted Sweet Potato Buns</p>

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Egg & Sausage Biscuits](#) with sliced fruit
- [Morning Glory Muffins](#) with boiled eggs and bacon
- [Simple Hash Browns](#) with Eggs Over Easy

GF Lunch Ideas:

- Use [leftover chili](#) to make chili dogs
- Leftover [Slow Cooker Baked Potatoes](#) with salad
- Use leftover chicken for [Waldorf Chicken Salad](#)