








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 December 5-18 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>	<b>New Favorite! Instant Pot BBQ Chicken</b> with Potato Salad and Garden Salad	<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>	<b>BBQ Chicken Sweet Potatoes</b> (use leftover <b>BBQ Chicken</b> from Monday) serve with Garden Salad	<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> Save leftovers 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>Featured Recipe!</b> (shown above) These make the perfect gift! <b>Easy Spiced Holiday Nuts</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>Chicken Verde Lettuce Wraps</b> with <b>Cilantro Rice</b>	<b>Jalapeño Turkey Burgers</b> with <b>Guacamole</b> and <b>Roasted Sweet Potato Bites</b>	Leftover <b>Chicken Verde</b> served over <b>Butternut Squash Pasta</b> with Garden Salad	<b>Chicken Fajita Bowls</b> (use leftover <b>Grilled Herb Chicken</b> ) with <b>Cilantro Rice</b>	<b>Grilled Salmon with Avocado Salsa</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> Make extra chicken for 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](#)