

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 sept 29-Oct 12 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Roasted Lemon Spatchcock Chicken</u> with Baby Potatoes and Mesclun Greens Salad	<u>Hamburger Soup</u> (if desired, add cheese for cheeseburger soup) serve with Garden Salad	<u>BBQ Chicken Sandwiches</u> (add BBQ sauce to Sun's leftover shredded chicken) serve on <u>Sweet Potato Buns</u> (or GF buns)	<u>Zucchini Breakfast Bake</u> (replace sausage with 2 cups of leftover taco meat, & mix in 1/2 cup of shredded cheese, if desired) <u>Almond Flour Biscuits</u>	<u>Slow Cooker Chicken Teriyaki</u> with <u>Cilantro Rice</u> or <u>Cauli-Rice</u>	<u>Easy Taco Salad</u> with <u>Cinnamon Dusted Plantains</u>	<u>Chicken Tortilla Soup</u> (omit chicken in recipe; add leftover <u>roast chicken</u> at end of cook time) serve with leftover Taco Salad
To get 3 meals: Make & shred an extra chicken for Tues & Sat; use bones to make chicken stock	To get 3 meals: Brown 3-4 lbs beef. Add taco season to 2-3 lbs for use in Wed's & Fri's dinners		Make extra biscuits for breakfast		Make extra plantains to serve for breakfast	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Savory Sausage & White Bean Soup</u> Garden Salad with Avocado, Cucumber and Tomatoes	<u>Grilled Ribeye Steak with Grilled Veggies</u> (or pan sear steaks and sauté veggies) and <u>Slow Cooker Baked Potatoes</u>	<u>Chicken Verde Lettuce Wraps</u> with <u>Cilantro Rice</u>	<u>Veggie Quiche with Hash Brown Crust</u> (replace ground sausage with fine-diced leftover sausage from Sun) <u>Honey-Lime Fruit Salad</u>	Leftover Chicken Verde served over <u>Butternut Squash Pasta</u> with Garden Salad	<u>Easy Steak Salad</u> (using leftover <u>Grilled Ribeye Steak</u>) and <u>Almond Flour Biscuits</u>	<u>Rustic Veggie Soup</u> (Add leftover frozen sausage at end of cook time to warm thru) and leftover <u>Almond Flour Biscuits</u>
To get 3 meals: Sauté extra sausage & freeze for use in Wed's & Sat's dinners	To get 2 meals: Grill (or pan sear) extra steak for use in Friday's dinner	To get 2 meals: Make extra chicken for Thurs' dinner			Make extra biscuits for Saturday's dinner	Weekend Treat! Try our yummy <u>GF Pumpkin Bars</u>
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> • <u>Lemon Poppy Seed Muffins</u> with boiled eggs and fruit • <u>Veggie Scramble</u> and leftover <u>Cinnamon Plantains</u> • <u>Sausage Biscuit Nests</u> with <u>Strawberry Chia Jam</u> 			GF Lunch Ideas: <ul style="list-style-type: none"> • <u>Waldorf Chicken Salad</u> • <u>Easy Lunchbox Wraps</u> with fresh fruit • <u>Avocado Egg Salad</u> on a bed of mesclun greens 			