

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 Jan 19-Feb 1 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Tumeric Beef Fried Rice</u> with Basmati Rice	<u>Slow Cooker Marinara & Meatballs</u> served over Zoodles (or GF pasta) Garden Salad	<u>Slow Cooker Taco Soup</u> (add leftover ground beef from Sunday's dinner; serve with your favorite toppings such as diced avocado, cilantro and a dollop of sour cream)	<u>Baked Chicken Parmesan</u> with Zoodles (or use GF pasta) Garden Salad	<u>Deconstructed Stuffed Pepper Bowls</u> (add leftover ground beef after cooking the veggies and cook until meat is warmed thru) serve over <u>Cilantro Rice</u>	Leftover <u>Baked Chicken Tenders</u> with <u>Roasted Sweet Potato Bites</u> and Garden Salad	<u>Meatball Subs</u> (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad
To get 3 meals: Cook all the ground beef needed for Sun, Tues' and Thurs' dinners	To get 2+ meals: Save extra sauce for Wed's dinner and freeze meatballs for Saturday	Recipe Note: If desired, cauliflower rice can be substituted with pre-cooked rice at end of cook time.	To get 2 meals: Bake extra chicken tenders for use in Fri's dinner		Weekend Treat! Try our favorite <u>Banana Pudding Cake</u>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Grilled Herb Turkey Breasts</u> with <u>Roasted Sweet Potato Bites</u> and Green Beans	<u>Slow Cooker Shredded Beef Tacos</u> with <u>Pico de Gallo</u> and <u>Cilantro Rice</u>	<u>Sloppy Turkey Joes</u> and leftover <u>Roasted Sweet Potato Bites</u>	<u>Harvest Turkey Salad</u> (use leftover <u>Grilled Turkey</u> and top with leftover <u>Sweet Potato Bites</u>)	<u>Sloppy Joe Topped Sweet Potatoes</u> (use leftover <u>turkey sloppy joes</u> from Mon) serve with Garden Salad & <u>Healthy Ranch Dressing</u>	<u>Beef & Veggie Burrito Bowls</u> (use leftover shredded beef and leftover rice from Monday's dinner)	<u>Easy Potato Soup</u> (add leftover diced <u>Grilled Turkey</u> ; and if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour)
To get 3 meals: Grill xtra turkey for Wed & freeze xtra for Sat; make xtra sw.pot.bites for Tues & Wed	To get 2 meals: Make extra rice and save leftover shredded beef for Fri's dinner	To get 2 meals: Make extra sloppy joes to top potatoes for Thurs' dinner				
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> <u>Blueberry Muffins</u> with eggs over easy and bacon <u>Overnight Oats in a Jar</u> (or <u>Grain-Free Porridge</u>) <u>Cinnamon Waffles</u> with eggs and bacon 				GF Lunch Ideas: <ul style="list-style-type: none"> <u>Easy Lunchbox Wraps</u> with fruit (Happy Back-2-School!) <u>Avocado Egg Salad</u> on a bed of mesclun greens <u>Turkey Salad Boats</u> with fresh fruit (use leftover turkey) 		