

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 31-Feb 13 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Baked Pasta w/Sausage</u> (replace sage with fresh basil instead; if GF use GF pasta) Garden Salad</p>	<p><u>Cilantro Lime Chicken</u> (pan sear or grill) with Veggies and Basmati Rice</p>	<p><u>Slow Cooker Baked Potato Buffet</u> (top with leftover diced chicken & veggies; as well as bacon, cheese sour cream, etc.) Garden Salad</p>	<p><u>Chicken Enchilada Skillet</u> (add leftover diced grilled chicken at end of cooktime) with <u>Cilantro Rice</u></p>	<p>New Favorite! <u>Scrambled Egg Tacos</u> with Fruit Salad</p>	<p><u>Chicken Fajita Bowls</u> (use leftover *chicken and leftover rice) Sliced Avocado</p>	<p><u>Savory Sausage & White Bean Soup</u> (add leftover sausage at end of cooktime to warm through) Garden Salad</p>
<p>To get 2 meals: Cook extra sausage and freeze for Sat's dinner</p>	<p>To get 3 meals: Make extra chix & save for Tues Wed and Fri; make xtra veggies</p>		<p>Make extra rice for Fri's dinner</p>		<p>*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings</p>	<p>Weekend Treat! Try our favorite <u>Almond Flour Chocolate Chip Cookies</u></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Easy Pepper Steak</u> with Basmati Rice</p>	<p><u>Easy Taco Skillet</u> serve with GF Tortillas and leftover Basmati Rice</p>	<p><u>Steak & Eggs Rancheros</u> (use leftover steak from Sun) <u>Pico de Gallo</u> with Garden Salad</p>	<p><u>Slow Cooker Caribbean Pulled Chicken Wraps</u> with <u>Cilantro Rice</u></p>	<p><u>Zucchini Breakfast Bake</u> (use leftover taco meat instead; mix in 1/2 cup of shredded cheese) Fruit Salad & <u>Almond Flour Biscuits</u></p>	<p><u>Caribbean Chicken Bowls</u> (serve leftover pulled pork over leftover rice; top with diced fresh mango, <u>Plantains</u> avocado, & red pepper slices)</p>	<p><u>Beef Taco Lettuce Cups</u> (use leftover taco meat after cooking veggies to warm through serve over rice) and leftover <u>Cilantro Rice</u></p>
<p>To get 2 meals: Sauté extra steak for use in Tues' dinner; make extra rice</p>	<p>To get 3 meals: Cook extra veggie tacos and save for Thurs' & Sat's dinners</p>		<p>To get 2 meals: Make/save extra pulled chicken for Fri's dinner; make extra rice</p>			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- **Veggie Scramble** and leftover **Cinnamon Plantains**
- **Simple Hash Browns** with Eggs Over Easy
- **Banana Bread** with scrambled eggs

GF Lunch Ideas:

- **GF Tortilla Wraps** (great for kids) with fresh fruit
- **Carrot-Cheddar Sandwich** with pineapple slices
- **Apple-Apricot Chicken Salad** with fresh veggies