

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 January 5-18 GF 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> <i>(if desired, add cheese for cheeseburger soup)</i> serve with Garden Salad	<u>Slow Cooker Baked Potato Buffet</u> <i>(set out your favorite toppings like bacon, cheese, veggies, sour cream, etc.)</i> Garden Salad	<u>Shredded Chicken & Black Bean Bowls</u> <i>(use leftover shredded roast chicken and chicken stock or broth; top with minced cilantro and diced avocado)</i>	<u>Zucchini Breakfast Bake</u> <i>(use leftover taco meat instead; mix in 1/2 cup of shredded cheese, if desired)</i> <u>Almond Flour Biscuits</u>	<u>Creamy Pumpkin Soup</u> <i>(add leftover roasted chicken)</i> with Garden Salad and leftover <u>Almond Flour Biscuits</u>	<u>Breakfast Nachos</u> <i>(use leftover taco meat; top with shredded cheese, if desired)</i> <u>Pico de Gallo</u> and <u>Honey-Lime Fruit Salad</u>
To get 3 meals: Roast an extra chicken, shred for Wednesday's & Friday's dinners; use bones to make broth for soup	To get 3 meals: Brown extra ground meat. Add taco seasoning to use in Thursday's & Saturday's dinners			Make extra biscuits for Saturday's dinner		Weekend Treat! Try our favorite <u>Raspberry Crumble Bars</u>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Skillet Chicken Fajitas</u> with <u>Cilantro Rice</u>	<u>Slow Cooker Garlic Thyme Chicken</u> Mashed Potatoes and Green Beans	<u>Grilled Ribeye Steak with Grilled Veggies</u> <i>(or pan sear steaks and sautéed veggies)</i> and <u>Slow Cooker Baked Potatoes</u>	Leftover <u>Chicken Fajita Bowls</u> with leftover <u>Cilantro Rice</u> <i>(warm leftover chicken and peppers; serve over rice with diced avocado)</i>	<u>Easy Steak Salad</u> <i>(using leftover Grilled Ribeye Steak)</i> and <u>Almond Flour Biscuits</u>	<u>Savory Cottage Pie</u> with Mixed Greens Salad with <u>Healthy Ranch Dressing</u>	<u>One-Skillet Asian Style Lettuce Wraps</u> with Fresh Fruit and Leftover <u>Cilantro Rice</u>
To get 2 meals: Make extra fajitas for Wednesday and extra rice for Wednesday & Saturday	Make extra mashed potatoes for Friday's dinner	To get 2 meals: Grill (or pan sear) extra steak for use in Thursday's dinner			To get 2 meals: Brown extra meat for Saturday (see Saturday's recipe)	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit

GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)