

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 July 3-16 GF whole food meal plan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice</p> |  <p>BBQ Chicken with Potato Salad and Patriotic Fruit & Cheese Tray <i>Thank you to the men & women who have served and continue to serve our country!</i></p> |  <p>New Favorite! Easy BBQ Chicken Salad with Slow Cooker Baked Potatoes</p> |  <p>Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites</p> |  <p>Easy & Tasty Breakfast Hash (use leftover shredded beef & swt potato bites) Almond Flour Biscuits</p> |  <p>Burger in a Bowl Salad (save time & use leftover burgers from Tuesday) with leftover Almond Flour Biscuits</p> |  <p>Beef & Veggie Burrito Bowls (use leftover shredded beef and leftover rice from Wed's dinner)</p> |
| <p>To get 3 meals: Make extra shred beef for Thurs' & Sat's dinners; make extra rice for Sat's dinner</p> | <p>July 4th Treat! Try our favorite Red White & Blue Cupcakes</p> | <p>Make extra BBQ chicken on July 4th and use leftover chicken for this recipe</p> | <p>To get 2 meals: Make extra burgers for use in Fri's dinner; make extra S.P. bites for Thurs</p> | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  <p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad</p> |  <p>Featured Recipe Grilled Shrimp Kebobs with Pineapple Salsa and Cinnamon Dusted Plantains</p> |  <p>Taco Tuesday! Family Fun! Croco-Tacos serve with Homemade Guacamole</p> |  <p>Easy Healthy Chicken Ramen (if GF use rice noodles instead) with Garden Salad</p> |  <p>Grilled Shrimp Taco Salad (use leftover grilled shrimp to save time) with Avocado Chimmichuri Dressing</p> |  <p>BBQ Chicken Sandwiches (add BBQ sauce to leftover shredded chix) serve on Sweet Potato Buns (or GF buns)</p> |  <p>Beef Taco Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice) with Cilantro Rice</p> |
| <p>To get 3 meals: Make & freeze extra chix to use for Wed's & Fri's meals; use bones to make broth</p> | <p>To get 2 meals: Grill extra shrimp for Thurs' dinner</p> | <p>To get 2 meals: Make extra taco meat for Sat's dinner</p> | | | | |
| Delicious Gluten-Free Breakfast and Lunch Ideas | | | | | | |
| <p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> Lemon Poppy Seed Muffins with boiled eggs and fruit Strawberry Kiwi Acai Bowls with boiled eggs Egg & Sausage Biscuits with sliced fruit | | | <p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> Healthy Greens Wrap with sliced fruit Turkey BLT Roll-Ups with fresh fruit Leftover Slow Cooker Baked Potato with salad | | | |