

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 31-Aug 13 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Grilled Herb Chicken with Pineapple Salsa serve over Cilantro Rice	Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes	Greek Style Chicken Salad (use leftover diced grilled chicken)	Sweet & Spicy Steak Wraps with Roasted Sweet Potato Bites (make extra for Thurs' dinner)	Roasted Sweet Potato Black Bean Bowls (use leftover grilled chix & veggies & leftover roasted sweet pot.ato bites)	One-Skillet Mediterranean Chicken (use leftover grilled chicken & serve over leftover Cilantro Rice) Spinach Salad w/Avocado Italian Dressing	Easy Broccoli Cheddar Soup with Slow Cooker Baked Potato and Garden Salad
To get 4 meals: Grill extra chicken for Tues', Thurs' & Fri's dinners; make extra rice for Fri's dinner	To get 2 meals: Make extra steak for Wed's dinner; grill extra veggies for Thurs' dinner		Recipe Note: Heat sauce in saucepan; add leftover grilled steak; toss to warm through.	Recipe Note: Use frozen pre-cooked quinoa, or sub with leftover rice if you prefer.		<i>Featured Recipe:</i> Weekend Treat! Strawberry Shortcakes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Roasted Lemon Spatchcock Chicken with Mashed Potatoes and Mesclun Greens Salad	Slow Cooker Caribbean Pulled Chicken Wraps with Basmati Rice	Slow Cooker BBQ Beef Sandwiches with Homemade Coleslaw	Tropical Chicken Lettuce Wraps (use leftover roast chicken) with Cilantro Rice	Slow Cooker Baked Potato (topped with leftover BBQ Beef & your favorites) serve with Garden Salad	Shredded Caribbean Chicken & Black Bean Bowls (use leftover Caribbean chicken and rice; top with minced cilantro and avocado)	New Favorite! Shredded Chicken Taco Salad (use leftover roast chicken)
To get 3 meals: Roast 2 chickens; shred extra chix for Wed & Sat; make bone broth with bones	To get 2 meals: Save extra pulled pork for use in Fri's dinner	To get 2 meals: Save extra BBQ Beef for use in Thurs' dinner	Make extra rice for Friday			
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> Sausage Hashbrown Egg Muffins w/fresh fruit Grab-n-Go Pancake Muffins with boiled eggs Sweet Potato Toasts with sliced fruit 				GF Lunch Ideas: <ul style="list-style-type: none"> Carrot-Cheddar Sandwich with pineapple slices 5-Minute Salmon Salad in Green Wraps Avocado Egg Salad on a bed of mesclun greens 		