















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 June 19-July 2 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Happy Father's Day Menu Bacon-Wrapped Steak with Baked Potatoes Apple-Spinach Salad	Deconstructed Stuffed Pepper Bowls serve over Cilantro Rice	Bruschetta Chicken with leftover Cilantro Rice	<i>Featured recipe:</i> Grilled Fajita Steak Salad <i>(save time – use leftover steak from Sunday) serve with Almond Flour Biscuits</i>	Zucchini Breakfast Bake <i>(use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired)</i> and Honey-Lime Fruit Salad	Slow Cooker Baked Potato Buffet <i>(top with leftover diced bruschetta chicken; as well as feta cheese, etc.)</i> Garden Salad with Italian Dressing	Pesto "Pasta" with Zoodles or use GF Pasta <i>(top with leftover diced bruschetta chicken)</i> Garden Salad with Italian Dressing
To get 2 meals: Make extra steak for Wed's dinner	To get 2 meals: Brown extra ground beef and season with taco seasoning for Thurs' dinner	To get 3 meals: Make extra chicken for Fri's & Sat's dinners	Make extra biscuits to use for the Weekend Treat recipe!			Weekend Treat! Try our favorite Strawberry Shortcakes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots <i>(add Green Beans last 45 minutes of cooktime)</i>	Beef Barbacoa with Pico de Gallo and Cilantro Rice	One Skillet Chicken Verde Enchiladas <i>(use leftover shredded roast chicken)</i> with leftover Cilantro Rice	Beef & Veggie Burrito Bowls <i>(use leftover beef barbacoa and leftover rice from Monday's dinner)</i>	Pineapple BBQ Chicken Bowls <i>(see recipe note below)</i> with Basmati Rice	Baked Stuffed Sweet Potatoes <i>(top with leftover beef barbacoa; as well as diced green onion, cheese, avocado, etc.)</i> Garden Salad	Meatloaf Muffins Mashed Potatoes and Sweet Peas
To get 3 meals: Roast an xtra chix, for Tues & Thurs' dinners; use bones to make broth for soup	To get 3 meals: Make extra beef; save for Wed's & Fri's dinners Make extra rice for Tues & Wed			Recipe Note: Save time & toss leftover roast chicken with your favorite BBQ sauce		

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Blueberry Scones](#) with scrambled eggs
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)