

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 21-July 4 GF Whole Food Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Grilled Herb Turkey Breasts</u> with <u>Roasted Sweet Potato Bites</u> and Green Beans	<u>Slow Cooker Shredded Beef Tacos</u> with <u>Pico de Gallo</u> and <u>Cilantro Rice</u>	<u>Sloppy Turkey Joes</u> and leftover <u>Roasted Sweet Potato Bites</u>	<u>Harvest Turkey Salad</u> (use leftover <u>Grilled Turkey</u> and top with leftover <u>Sweet Potato Bites</u>)	<u>Sloppy Joe Topped Sweet Potatoes</u> (use leftover <u>turkey sloppy joes</u> from Mon) serve with Garden Salad & <u>Healthy Ranch Dressing</u>	<u>Beef & Veggie Burrito Bowls</u> (use leftover shredded beef and leftover rice from Monday's dinner)	Featured recipe: <u>BBQ Spice Chicken</u> with <u>Roasted Potatoes & Carrots</u> and <u>Sautéed Greens</u>
To get 2 meals: Grill xtra turkey for Wed; make xtra sw.pot.bites for Tues & Wed	To get 2 meals: Make extra rice and save leftover shredded beef for Fri's dinner	To get 2 meals: Make extra sloppy joes to top potatoes for Thurs' 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>	Breakfast for dinner! <u>Fluffy Little Almond Flour Pancakes</u> with Fresh Berries and <u>Turkey Veggie Sausage</u>	<u>Slow Cooker Garlic Thyme Chicken</u> Mashed Potatoes and Green Beans	<u>Savory Cottage Pie</u> with Mixed Greens Salad with <u>Healthy Ranch Dressing</u>	Leftover <u>Chicken Fajita</u> Bowls with leftover <u>Cilantro Rice</u> (warm leftover chicken and peppers; serve over rice with diced avocado)	<u>One Skillet Quinoa Turkey Tacos</u> (add leftover ground turkey after cooking quinoa and veggies to warm thru) serve with GF tortillas or butter lettuce leaves	<u>Happy Fourth of July Holiday Menu</u>
To get 2 meals: Make extra fajitas & rice for Thurs' dinner	Save extra turkey sausage for breakfast	Make extra mashed potatoes for Wed's dinner	To get 2 meals: Brown extra ground turkey for Fri's dinner			Thank you to the men & women who have served and continue to serve our country!

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](#)