

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 5-18 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Featured recipe: Grilled Herb Chicken with Pineapple Salsa serve over Cilantro Rice</p>	 <p>Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes</p>	 <p>Greek Style Chicken Salad <i>(use leftover diced grilled chicken)</i> serve with Almond Flour Biscuits</p>	 <p>Sweet & Spicy Steak Wraps with Roasted Sweet Potato Bites <i>(make extra for Thurs' dinner)</i></p>	 <p>Roasted Sweet Potato Black Bean Bowls <i>(use leftover grilled chix & veggies & leftover roasted sweet pot.ato bites)</i></p>	 <p>One-Skillet Mediterranean Chicken <i>(use leftover diced chicken & serve over leftover Cilantro Rice)</i> Spinach Salad w/Avocado Italian Dressing</p>	 <p>Easy Broccoli Cheddar Soup with Garden Salad</p>
<p>To get 4 meals: Grill extra chicken for Tues', Thurs' & Fri's dinners; make extra rice for Fri's dinner</p>	<p>To get 2 meals: Make extra steak for Wed's dinner; grill extra veggies for Thurs' dinner</p>		<p>Recipe Note: Heat sauce in saucepan; add leftover grilled steak; toss to warm through.</p>	<p>Recipe Note: Use frozen pre-cooked quinoa, or sub with leftover rice if you prefer.</p>		<p>Weekend Treat! Try our favorite Almost Oatmeal Cookies</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Roasted Lemon Spatchcock Chicken with Mashed Potatoes and Mesclun Greens Salad</p>	 <p>Slow Cooker Caribbean Pulled Chicken Wraps with Basmati Rice</p>	 <p>Slow Cooker Marinara & Meatballs served over Zoodles <i>(or GF pasta)</i> Garden Salad</p>	 <p>Tropical Chicken Lettuce Wraps <i>(use leftover roast chicken)</i> with Cilantro Rice</p>	 <p>Pulled Pork Mango Bowls <i>(Add leftover pulled pork and plantains to bowls; top with mango salsa & avocado)</i></p>	 <p>"Next-Over" Chicken Tacos <i>(use leftover roast chicken)</i> and leftover Cilantro Rice</p>	 <p>Meatball Subs <i>(top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese)</i> serve with Garden Salad</p>
<p>To get 3 meals: Roast 2 chickens; shred extra chix for Wed & Fri; make bone broth with bones</p>	<p>To get 2 meals: Save extra pulled pork for use in Thurs' dinner</p>	<p>To get 2 meals: Save extra meatballs & sauce for Sat's dinner</p>	<p>Make extra rice for Thurs & Friday</p>			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Baked Egg Avocado Boats](#) with sliced fruit
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Fruit & Yogurt Parfait](#) with boiled eggs

GF Lunch Ideas:

- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Waldorf Chicken Salad](#) with fresh fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens