

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 May 10-23 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Baked Pasta w/Sausage (replace sage with fresh basil instead; if GF use GF pasta) Garden Salad</p>	<p>Grilled Herb Chicken with Seasoned Grilled Veggies Mixed Greens Salad</p>	<p>Slow Cooker Baked Potato Buffet (top with leftover diced chicken & grilled veggies; as well as leftover bacon, cheese sour cream, etc.) Garden Salad</p>	<p>Chicken Enchilada Skillet (add leftover diced grilled chicken at end of cooktime) with Cilantro Rice</p>	<p>Veggie Quiche with Hash Brown Crust (use leftover sausage from Sunday) Mixed Greens Salad & Sliced Fresh Fruit</p>	<p>Chicken Fajita Bowls (use leftover grilled chicken and leftover rice) Sliced Avocado</p>	<p>Savory Sausage & White Bean Soup (add leftover sausage at end of cooktime to warm through) Garden Salad</p>
<p>To get 3 meals: Cook extra sausage and freeze for Thurs' & Sat' dinners</p>	<p>To get 3 meals: Make grilled chix & save for Tues Wed and Fri; grill xtra veggies</p>		<p>Make extra rice for Fri's dinner</p>		<p>*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings</p>	<p>Weekend Treat! Try our favorite Chocolate-Raspberry Brownie Bites</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Featured Recipe: Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites</p>	<p>Slow Cooker Caribbean Pulled Chicken Wraps with Cilantro Rice</p>	<p>Easy Taco Skillet serve with GF Tortillas and leftover Cilantro Rice</p>	<p>Burger Salad (use leftover chicken burgers) with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado</p>	<p>Easy Taco Salad (save time and use leftover veggie taco meat from Tuesday) top with Cinnamon Dusted Plantains</p>	<p>Caribbean Chicken Bowls serve leftover pulled pork over Cilantro Rice top with diced fresh mango, leftover fried plantains & red pepper slices</p>	<p>Beef Taco Lettuce Cups (use leftover taco meat after cooking veggies to warm through serve over rice) and leftover Cilantro Rice</p>
<p>To get 2 meals: Make extra burgers for use in Wed's dinner; make extra S.P. bites for Tues</p>	<p>To get 2 meals: Make/save extra pulled chicken for Fri's dinner</p>	<p>To get 3 meals: Cook extra veggie tacos and save for Thurs' & Sat's dinners</p>		<p>Make extra plantains for Fri's dinner</p>	<p>Make extra rice for Sat's dinner</p>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Simple Hash Browns](#) with Eggs Over Easy
- [Banana Bread](#) with scrambled eggs

GF Lunch Ideas:

- [GF Tortilla Wraps](#) (great for kids) with fresh fruit
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Apple-Apricot Chicken Salad](#) with fresh veggies