

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 26-June 8 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Slow Cooker Apple Cider Pulled Pork with Mashed Sweet Potatoes & Green Beans	Happy Memorial Day Holiday Menu	Grilled Herb Chicken with Pineapple Salsa served over Cilantro Rice or Cauli-Rice	BBQ Pork Sliders with leftover Potato Salad (from Memorial Day) and Apple Slices	Chicken Fajita Bowls (*use leftover Grilled Herb Chicken and leftover Cilantro Rice)	Strawberry Cobb Salad (save time & use leftover Grilled Herb Chicken) with Almond Flour Biscuits	Rustic Veggie Soup (with leftover Pulled Pork) and Garden Salad
To get 3 meals: Divide & freeze extra pulled pork for use in Wed's & Sat's dinners	<i>Thank you to the men & women who have served and continue to serve our country!</i>	To get 3 meals: Grill extra chicken for Thurs' & Fri's dinners; make extra rice 4 Thurs	Use your favorite GF bun or serve on Roasted Sweet Potato Buns	*Just toss in the chicken at the end of recipe to re-warm & combine with the veggies and seasonings		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Roasted Lemon Spatchcock Chicken with Baby Potatoes and Mesclun Greens Salad	Hamburger Soup (if desired, add cheese for cheeseburger soup) serve with Garden Salad	Grilled Ribeye Steak with Grilled Veggies (or pan sear steaks and sauté veggies) and Slow Cooker Baked Potatoes	Easy Taco Salad with Cinnamon Dusted Plantains	Easy Steak Salad (using leftover Grilled Ribeye Steak) and Almond Flour Biscuits	Breakfast Nachos (use leftover taco meat; top with shredded cheese, if desired) Pico de Gallo and Honey-Lime Fruit Salad	Creamy Pumpkin Soup (add leftover roasted chicken) with Garden Salad and leftover Almond Flour Biscuits
To get 2 meals: Use bones to make bone broth; shred extra chicken & freeze for Sat's soup	To get 3 meals: Brown 3-4 lbs beef. Add taco season to 2-3 lbs for use in Wed's & Fri's dinners	To get 2 meals: Grill (or pan sear) extra steak for use in Thurs' dinner	Make extra plantains to serve for breakfast	Make extra biscuits for Sat's dinner		
Delicious Gluten-Free Breakfast and Lunch Ideas						
GF Breakfast Ideas: <ul style="list-style-type: none"> Veggie Scramble and leftover Cinnamon Plantains Cinnamon Waffles with eggs and bacon Banana Bread with scrambled eggs 				GF Lunch Ideas: <ul style="list-style-type: none"> Apple-Apricot Chicken Salad with fresh veggies Healthy Greens Wrap with sliced fruit Carrot-Cheddar Sandwich with pineapple slices 		