

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 Nov 6-19 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes &amp; Carrots serve with Garden Salad</p>	 <p>Taco Tuesday! <a href="#">Family Fun! Croco-Tacos</a> serve with <a href="#">Homemade Guacamole</a></p>	 <p>Featured recipe: <a href="#">Creamy Pumpkin Soup</a> (add leftover <a href="#">roasted chicken</a>) with Garden Salad and leftover <a href="#">Almond Flour Biscuits</a></p>	 <p>Breakfast for Dinner! <a href="#">Almond Flour Pancakes</a> with Mixed Berries and <a href="#">Veggie Egg Scramble</a></p>	 <p><a href="#">Zucchini Breakfast Bake</a> (use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) and <a href="#">Honey-Lime Fruit Salad</a></p>	 <p><a href="#">Chicken &amp; Avocado Quinoa Bowl</a> (save time: use leftover roasted chicken)</p>	 <p><a href="#">Beef Taco Lettuce Cups</a> (add leftover taco meat after cooking veggies to warm through &amp; serve over rice) with <a href="#">Cilantro Rice</a></p>
<p><b>To get 3 meals:</b> Make &amp; freeze extra chix to use for Tues' &amp; Fri's meals; use bones to make broth</p>	<p><b>To get 3 meals:</b> Make extra taco meat for Thurs' and Sat's dinner</p>					<p><b>Weekend Treat!</b> Try our yummy Fall Favorite <a href="#">Pumpkin Praline Bars</a></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><a href="#">BBQ Chicken</a> with <a href="#">Potato Salad</a> and Sliced Fruit</p>	 <p><a href="#">Easy BBQ Chicken Salad</a> (use leftover BBQ chicken) with <a href="#">Slow Cooker Baked Potatoes</a></p>	 <p><a href="#">Southwestern Chicken Burgers</a> with <a href="#">Guacamole</a> and <a href="#">Roasted Sweet Potato Bites</a></p>	 <p><a href="#">Healthier Hamburger Helper</a> with Garden Salad</p>	 <p><a href="#">Leftover Burger Bowls with Secret Sauce</a> (use leftover <a href="#">turkey burgers</a> and sweet potato bites)</p>	 <p><b>New Favorite!</b> <a href="#">Ground Beef Teriyaki Bowl</a> with <a href="#">Cilantro Rice</a></p>	 <p><a href="#">Easy Skillet Lasagna</a> with Garden Salad</p>
<p><b>To get 2 meals:</b> Make extra BBQ chicken for Mon's dinner</p>		<p><b>To get 2 meals:</b> Make extra burgers and sweet potato bites for Thurs</p>	<p><b>To get 3 meals:</b> Brown extra ground beef for Fri's &amp; Sat's dinners</p>			

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Pumpkin Pie Muffins](#) with boiled eggs
- [Simple Hash Browns](#) with Eggs Over Easy
- [Fruit & Yogurt Parfait](#) with boiled eggs

### GF Lunch Ideas:

- [Easy Lunchbox Wraps](#) with fresh fruit
- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- Leftover [Slow Cooker Baked Potato](#) with salad