





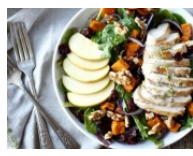









All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

The nourishing home Nov 21-Dec 4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Beef Barbacoa</u> with <u>Pico de Gallo</u> and <u>Cilantro Rice</u>	<u>Sausage & Kale Breakfast Casserole</u> (replace ground sausage with fine-diced Italian Sweet Sausage) <u>Honey-Lime Fruit Salad</u>	<u>Rustic Veggie Soup</u> (Add leftover diced sausage at end of cook time to warm through) and leftover <u>Almond Flour Biscuits</u>	<u>Beef & Veggie Burrito Bowls</u> (use leftover beef barbacoa and leftover rice from Sunday's dinner)	Featured Recipe <u>Gluten-Free Thanksgiving Day Menu</u> (save leftovers for the weekend!)	Thanksgiving Day Leftovers (enjoy more time with family and less time in the kitchen!)	<u>Harvest Turkey Salad</u> (use leftover turkey)
To get 2 meals: Make extra beef and rice; save for Wed's dinner	To get 2 meals: Sauté extra sausage for Tues' dinner			Holiday Treat! <u>Perfect GF Pumpkin Pie</u>		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
New Favorite! <u>Easy Korean Beef Bowl</u> and Basmati Rice	<u>Cilantro Lime Chicken</u> (pan sear or grill) with Veggies and leftover Basmati Rice	<u>Slow Cooker Hamburger Soup</u> (add leftover ground beef from Sunday's dinner) serve with your favorite toppings such as diced avocado, cilantro & sour cream	<u>Easy Cilantro Chicken Tacos</u> (make it easy—use leftover grilled cilantro chicken) serve with <u>Homemade Guacamole</u>	<u>Slow Cooker Sweet Potato Chili</u> (use precooked ground beef from Sunday) <u>Almond Flour Biscuits</u>	<u>Pineapple BBQ Chicken Bowls</u> (see recipe note below) with leftover Basmati Rice	<u>Chili-Topped Slow Cooker Baked Potatoes</u> (use leftover chili to top potatoes; add additional toppings such as shredded cheese) with Garden Salad
To get 3 meals: Brown extra ground beef for Tues' & Thurs' dinners; make extra rice	To get 3 meals: Grill extra chicken for Wed's & Fri's dinners			To get 2 meals: Save extra chili for Sat's dinner	Recipe Note: Save time & toss leftover grilled chicken with your favorite BBQ sauce	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Southwestern Breakfast Casserole](#) with sliced fruit
- [Cinnamon Waffles](#) with eggs and bacon

GF Lunch Ideas:

- [Turkey, Cranberry & Apple Salad](#) with mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit
- [Rainbow Thai Salad](#)