

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 Oct wks 1-2 GF whole food meal plan

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|---|---|--|--|---|
|    |                                     |                              |    |    |                                       |    |
| <p><a href="#">Slow Cooker Buffalo Chicken Sliders</a> with <a href="#">Sweet Potato Buns</a><br/><i>(or use your favorite GF buns)</i></p> | <p><a href="#">Caprese Flank Steak Salad</a></p>   | <p><a href="#">Slow Cooker Caribbean Pulled Chicken Wraps</a> with leftover <a href="#">Cilantro Rice</a></p> | <p><a href="#">Buffalo Chicken Spaghetti Squash</a><br/><i>(use leftover Buffalo Chicken to make this super quick &amp; easy) with Garden Salad</i></p> | <p><a href="#">Caribbean Tacos</a><br/><i>(use leftover pulled chicken) with leftover <a href="#">Cilantro Rice</a></i></p>                      | <p><a href="#">Veggie &amp; Beef Stir Fry</a><br/><i>(simply add leftover steak from Monday at end of cook time)</i></p> | <p><a href="#">Loaded Baked Potato Soup</a> with Garden Salad and <a href="#">Italian Dressing</a></p>  |
| <p><b>To get 2 meals:</b><br/>Make extra chicken for Wed's dinner</p>   | <p><b>To get 2 meals:</b><br/>Make extra steak &amp; freeze for Fri; make xtra rice for Tues &amp; Thurs</p>         | <p><b>To get 2 meals:</b><br/>Make/save extra chicken for Thurs' dinner</p>                                   |   | <p>Put leftover frozen steak in fridge overnight to thaw</p>   |  | <p><b>Weekend Treat!</b><br/>Try our favorite <a href="#">Chocolate-Raspberry Brownie Bites</a></p>   |
| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|    |                                   |                            |    |    |                                     |    |
| <p><a href="#">Roasted Lemon Spatchcock Chicken</a><br/>Mashed Potatoes and Mesclun Greens Salad</p>  | <p><a href="#">Sausage Hash Brown Casserole</a> serve with Fruit Salad and <a href="#">Almond Flour Biscuits</a></p> | <p><a href="#">Easy Pepper Steak</a> with Basmati Rice</p>  | <p><a href="#">Baked Chicken Tacos!</a><br/><i>(use leftover shredded roast chicken) serve with <a href="#">Homemade Guacamole</a></i></p>              | <p><a href="#">Steak &amp; Eggs Rancheros</a><br/><i>(use leftover steak from Tues) with <a href="#">Pico de Gallo</a> with Garden Salad</i></p> | <p><a href="#">Pineapple BBQ Chicken Bowls</a><br/><i>(see recipe note below) with Basmati Rice</i></p>                  | <p><a href="#">Savory Sausage &amp; White Bean Soup</a><br/><i>(add leftover sausage at end of cooktime to warm through) Garden Salad</i></p> |
| <p><b>To get 3 meals:</b><br/>Roast 2 chickens; shred extra chix for Wed &amp; Fri; make bone broth with bones</p>                          | <p><b>To get 2 meals:</b><br/>Cook extra sausage &amp; freeze for Sat's dinner</p>                                   | <p><b>To get 2 meals:</b><br/>Sauté extra steak for use in Thurs' dinner</p>                                  |   |  | <p><b>Recipe Note:</b><br/>Save time &amp; toss leftover roast chicken with your favorite BBQ sauce</p>                  |   |

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Cinnamon-Apple Muffins](#) with scrambled eggs
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

### GF Lunch Ideas:

- [Egg Roll in a Bowl!](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens