

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 25-Nov 7 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Roasted Lemon Spatchcock Chicken</u> with Mashed Potatoes and Mesclun Greens Salad</p>	<p><u>Grilled Ribeye Steak with Grilled Veggies</u> and <u>Slow Cooker Baked Potatoes</u></p>	<p><u>Tropical Chicken Lettuce Wraps</u> (use leftover roast chicken) with <u>Cilantro Rice</u></p>	<p>New Favorite! <u>Pork Tenderloin with Avocado Sauce</u> serve with <u>Roasted Potatoes & Carrots</u></p>	<p><u>“Next-Over” Chicken Tacos</u> (use leftover roast chicken) and leftover <u>Cilantro Rice</u></p>	<p><u>Easy Pepper Steak</u> (see note below) with Basmati Rice</p>	<p><i>Featured recipe:</i> <u>Rustic Veggie Soup</u> (Add leftover diced pork at end of cook time to warm thru) and leftover <u>Almond Flour Biscuits</u></p>
<p>To get 3 meals: Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones</p>	<p>To get 2 meals: Make extra steak for Fri’s dinner</p>	<p>Make extra rice for Thursday</p>	<p>To get 2 meals: Make extra pork for Sat’s dinner</p>		<p>Recipe Note: Save time by using leftover grilled ribeye from Monday</p>	<p>Weekend Treat! Try our favorite <u>Raspberry Crumble Bars</u></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Hamburger Soup</u> (if desired, add cheese for cheeseburger soup) serve with Garden Salad</p>	<p><u>Grilled Herb Chicken with Pineapple Salsa</u> serve over <u>Cilantro Rice</u></p>	<p><u>Slow Cooker Beef Stew</u> with Spinach Salad with Avocado, Cucumber and Tomatoes <u>Italian Dressing</u></p>	<p><u>Greek Style Chicken Salad</u> (use leftover diced grilled chicken) serve with <u>Almond Flour Biscuits</u></p>	<p><u>Breakfast Nachos</u> (use leftover taco meat instead of sausage, top with shredded cheese, if desired) <u>Pico de Gallo</u> and <u>Honey-Lime Fruit Salad</u></p>	<p><u>One-Skillet Mediterranean Chicken</u> (use leftover grilled chicken & serve over leftover Cilantro Rice) Spinach Salad w/Avocado <u>Italian Dressing</u></p>	<p><u>Zucchini Breakfast Bake</u> (use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) Leftover <u>Fruit Salad</u> <u>Almond Flour Biscuits</u></p>
<p>To get 3 meals: Brown extra ground meat. Add taco season to use in Thurs’ & Sat’s dinners</p>	<p>To get 3 meals: Grill extra chicken for Wed’s & Fri’s dinners; make extra rice for Fri’s dinner</p>		<p>Make extra biscuits for Sat’s dinner</p>	<p>Make extra fruit salad for Sat’s dinner</p>		

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- Egg & Sausage Biscuits with sliced fruit
- Sweet Potato Toasts with sliced fruit
- Cinnamon Apple Oatmeal Bake with sausage links

GF Lunch Ideas:

- Leftover Slow Cooker Baked Potato with salad
- Waldorf Chicken Salad with fresh fruit
- Cauli-Pizza Bites with salad