

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 september 1-14 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Grilled Ribeye Steak with Grilled Veggies (or pan sear steaks and sauté veggies) and Slow Cooker Baked Potatoes</p>	 <p>Pan Seared Chicken with Pesto Zoodles Garden Salad (or use GF pasta)</p>	 <p>Easy Steak Salad (using leftover Grilled Ribeye Steak) serve with Almond Flour Biscuits</p>	 <p>Grilled Chicken Mexican Salad Bowls (use leftover balsamic chicken and serve with leftover baked potatoes)</p>	 <p>Slow Cooker Beef Broccoli Zoodle Soup (toss in leftover grilled steak at end of cook time; & see recipe note below)</p>	 <p>Grilled Pesto Chicken Skewers (use leftover pesto) with Cilantro Rice or Cauli-Rice</p>	 <p>Chicken & Veggie Bites with Garden Salad and Healthy Ranch Dressing</p>
<p>To get 3 meals: Grill (or pan sear) extra steak for use in Tues' & Thurs' dinners</p>	<p>To get 2+ meals: Make extra chicken for Wed; make extra pesto for Fri's dinner</p>	<p>Weekend Treat! Make & save xtra biscuits & use to make Strawberry Shortcakes</p>		<p>Recipe Note: I use just 2 Tbsp vinegar & 2 Tbsp hot sauce; if desired, substitute with cooked GF pasta</p>		<p>Make extra for easy lunches</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Grilled Herb Seasoned Turkey with Veggie Confetti Cauli-Rice or Basmati Rice (if using basmati rice, simply add sautéed veggies to precooked rice)</p>	 <p>Slow Cooker Caribbean Pulled Chicken Wraps with leftover confetti rice</p>	 <p>Grilled Fajita Steak Salad with Pico de Gallo</p>	 <p>Caribbean Chicken Bowls (add leftover Caribbean Chicken and rice to bowls & top with diced mango & leftover grilled veggies)</p>	 <p>Greek Style Turkey Salad (use leftover diced grilled turkey and toss in leftover grilled veggies) with Almond Flour Biscuits</p>	 <p>Steak Fajita Bowls with Cilantro Rice or Cauli-Rice (warm leftover grilled steak & peppers; serve over rice with pico de gallo and avocado)</p>	 <p>Caribbean Chicken Topped Slow Cooker Baked Potatoes (top with leftover Caribbean Chicken & your favorite toppings) Garden Salad</p>
<p>To get 2 meals: Grill extra turkey for Thurs' dinner; make extra rice for Mon's dinner</p>	<p>To get 3 meals: Make/freeze extra pulled chicken for Wed's & Sat's dinners</p>	<p>To get 2 meals: Grill extra steak for Fri; and grill extra veggies for Wed, Thurs & Fri</p>		<p>Make extra biscuits and save for breakfast</p>		
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> Almond Flour Biscuits with Strawberry Chia Jam Overnight Oats in a Jar (or Grain-Free Porridge) Blueberry Scones with scrambled eggs 				<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> Healthy Greens Wrap with fresh fruit Cauli-Pizza Bites with salad Turkey, Cranberry & Apple Salad (use leftover turkey) 		