




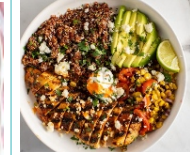








All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

the nourishing home sept 25-Oct 8 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Featured recipe: Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots serve with Garden Salad</p>	<p>Taco Tuesday! Family Fun! Croco-Tacos serve with Homemade Guacamole</p>	<p>Easy Healthy Chicken Ramen (if GF use rice noodles instead) with Garden Salad</p>	<p>Deconstructed Stuffed Pepper Bowls serve over Cilantro Rice</p>	<p>Zucchini Breakfast Bake (use leftover taco meat instead; mix in 1/2 cup of shred cheese, if desired) and Honey-Lime Fruit Salad</p>	<p>Chicken & Avocado Quinoa Bowl (save time: use leftover roasted chicken)</p>	<p>Beef Taco Lettuce Cups (add leftover taco meat after cooking veggies to warm through & serve over rice) with leftover Cilantro Rice</p>
<p>To get 3 meals: Make & freeze extra chix to use for Tues' & Fri's meals; use bones to make broth</p>	<p>To get 3 meals: Make extra taco meat for Thurs' and Sat's dinner</p>		<p>Make extra cilantro rice for Fri's and Sat's dinners</p>			<p>Weekend Treat! Try our favorite Almond Flour Chocolate Chip Cookies</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites</p>	<p>Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice</p>	<p>BBQ Chicken with Potato Salad and Sliced Fruit</p>	<p>New Favorite! Shredded Beef Nachos (use leftover shredded beef) with Pico de Gallo and Guacamole</p>	<p>Beef & Veggie Burrito Bowls (use leftover shredded beef and leftover rice from Mon's dinner)</p>	<p>Burger in a Bowl Salad (save time & use leftover burgers from Sunday) with Almond Flour Biscuits</p>	<p>Easy BBQ Chicken Salad (use leftover BBQ chicken) with Slow Cooker Baked Potatoes</p>
<p>To get 2 meals: Make extra burgers for use in Fri's dinner; make extra S.P. bites for Thurs</p>	<p>To get 3 meals: Make extra shred beef for Wed's & Thurs' dinners; make extra rice for Thurs' dinner</p>	<p>To get 2 meals: Make extra BBQ chicken for Sat's dinner</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