

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 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><a href="#">Slow Cooker Chicken Verde</a> with GF Tortillas or Lettuce Wraps and Avocado</p> <p><a href="#">Baja-Style Cilantro Rice</a></p>	<p><a href="#">Meatless Monday Veggie Pasta</a> Mesclun Salad with cucumbers, tomato and avocado</p> <p><a href="#">Balsamic Italian Dressing</a></p>	<p><a href="#">Broiled Cod with Parsley Lemon Pesto</a> and leftover</p> <p><a href="#">Baja-Style Cilantro Rice</a></p>	<p><a href="#">Southwestern Chicken Burgers</a> with lettuce, tomato, red onion and avocado slices</p> <p><a href="#">Roasted Herb Sweet Potato Bites</a></p>	<p><a href="#">Slow Cooker Chicken Teriyaki</a> with Basmati Rice and Steamed Veggies</p>	<p><a href="#">Grilled Pineapple Chicken</a> with <a href="#">Pineapple Salsa</a> and leftover Basmati Rice with Black Beans</p>	<p><a href="#">BLT Salad</a> with cucumbers, tomato and avocado (<i>top with leftover chicken</i>)</p> <p><a href="#">Crockpot Baked Potatoes</a> (<i>top w/diced green onions and Healthy Ranch Dressing</i>)</p>
Daily Prep	<p>Make extra rice for Tuesday's dinner</p>			<p>Save leftover roasted sweet potato bites for breakfast, serve with eggs over easy</p>	<p>Make extra rice for Friday's dinner</p>	<p>Grill and save extra chicken for Sat's dinner</p>	

## Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

Below are some healthy GF options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

### GF Breakfast Ideas:

- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Grab-n-Go Pancake Muffins](#) with boiled eggs
- [Veggie Egg Scramble](#) with leftover sweet potato bites
- [Coconut Flour Banana Pancake Buddies](#) with fresh berries

### GF Lunch Ideas:

- [Greek Salad Wraps](#) with sliced fruit
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Apple-Apricot Chicken Salad](#) with fresh veggies