

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 Dec 14-20 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Tea-Rubbed Flank Steak with Roasted Herb Sweet Potato Bites</p>	<p>Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices and Leftover Roasted Herb Sweet Potato Bites</p>	<p>Slow Cooker Green Chile Chicken Bowl w/Cauli-Rice or Basmati Rice</p>	<p>Creamy Butternut Squash Soup Spinach Salad w/Diced Apples (or pears), and Walnuts Balsamic Italian Dressing</p>	<p>Grilled Shrimp Kebobs served over Saffron Rice or Saffron Cauli-Rice Garden Salad with cucumber and tomato</p>	<p>Grilled Pineapple Chicken with Pineapple Salsa Steamed Broccoli Leftover Saffron Rice or Saffron Cauli-Rice</p>	<p>Chicken-BLT Salad with cucumbers, tomato and avocado (<i>use leftover chicken</i>) Crockpot Baked Potatoes (<i>top w/diced green onions and Healthy Ranch Dressing</i>)</p>
Daily Prep	<p>Make extra sweet potato bites for tomorrow</p>				<p>Make extra rice & save for Fri. Grill extra chicken for Sat'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 grain-free 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.

Grain-Free Breakfast Ideas:

- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Veggie Egg Scramble](#) top with avocado slices
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Smoky Sweet Potato Hash](#) with sliced fruit

Grain-Free Lunch Ideas:

- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit