

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 Aug wks 1-2 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>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 Enchiladas (save time: use leftover chix & store-bought enchilada sauce) with leftover Cilantro Rice</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 Raspberry Crumble Bars</p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>BBQ Chicken with Potato Salad and Sliced Fruit</p>	 <p>Slow Cooker Shredded Beef Tacos with Pico de Gallo and Cilantro Rice</p>	 <p>Southwestern Chicken Burgers with Guacamole and Roasted Sweet Potato Bites</p>	 <p>Shredded Beef Enchiladas (use leftover shred beef and leftover rice from Mon's dinner) serve with Homemade Guacamole</p>	 <p>Burger in a Bowl Salad (save time & use leftover burgers from Tuesday) with Almond Flour Biscuits</p>	 <p>Easy BBQ Chicken Salad (use leftover BBQ chicken) with Slow Cooker Baked Potatoes</p>	 <p>Beef & Veggie Burrito Bowls (use leftover shredded beef and leftover rice from Mon's dinner)</p>
<p>To get 2 meals: Make extra BBQ chicken and freeze for Fri's dinner</p>	<p>To get 3 meals: Make extra shred beef for Wed's' & Sat's dinners; make extra rice for Wed's dinner</p>	<p>To get 2 meals: Make extra burgers for use in Thurs' dinner; make extra S.P. bites for Thurs</p>		<p>Thaw leftover BBQ chicken in fridge overnight</p>		

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Overnight Oats in a Jar](#)
- [Lemon Poppy Seed Muffins](#) with boiled eggs and fruit
- [Strawberry Kiwi Acai Bowls](#) with boiled eggs

GF Lunch Ideas:

- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with fresh fruit
- Leftover [Slow Cooker Baked Potato](#) with salad