






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 wks 3-4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Oven Fried Chicken</u> with Mashed Potatoes and <u>Green Beans</u></p>	<p><u>Beef Barbacoa</u> with <u>Pico de Gallo</u> and <u>Cilantro Rice</u></p>	<p><u>Easy Potato Soup</u> (add leftover diced chicken; if GF, be sure to substitute flour in the recipe with 2 Tbsp of tapioca flour or arrowroot flour) Garden Salad</p>	<p>Breakfast for Dinner! <u>Almond Flour Pancakes</u> with Mixed Berries and <u>Veggie Egg Scramble</u></p>	<p><u>Chicken Cobb Salad</u> (save time & use leftover oven fried chicken instead) serve with <u>Almond Flour Biscuits</u></p>	<p><u>Beef & Veggie Burrito Bowls</u> (use leftover beef barbacoa and leftover rice from Monday's dinner)</p>	<p><u>Baked Beef Tacos!</u> (use leftover shredded beef instead) serve with <u>Homemade Guacamole</u></p>
<p>To get 3 meals: Make extra chix for Tues' and Thurs' dinners</p>	<p>To get 3 meals: Make extra rice and save leftover shredded beef for Fri & Sat</p>			<p>Recipe Note: You can sub strawberries w/cherry or grape tomatoes instead</p>		<p>Last Minute Gift? Whip up these beautiful <u>Holiday Gifts in a Jar</u></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Christmas Eve Menu: <u>Pineapple Glazed Ham</u> with <u>Au Gratin Potatoes</u> and <u>Lemon-Garlic Green Beans</u></p>	<p>Merry Christmas! (Christmas Eve Leftovers allow you to enjoy more time with family and less time in the kitchen!)</p>	<p><u>Grilled Herb Turkey Breasts</u> (or cook on skillet) with <u>Roasted Sweet Potato Bites</u> and Green Beans</p>	<p><u>Savory Beef Cottage Pie</u> serve with Garden Salad with <u>Healthy Ranch Dressing</u></p>	<p><u>Beef Taco Lettuce Cups</u> (use leftover taco meat) with <u>Cilantro Rice</u></p>	<p><u>Harvest Turkey Salad</u> (use leftover grilled turkey and top with leftover <u>Sweet Potato Bites</u>)</p>	<p><u>Easy Taco Soup</u> (use leftover taco meat) serve w/your fav. toppings like avocado, cilantro and sour cream</p>
<p>Featured Recipe! Enjoy decorating cookies together! <u>Holiday Cookie Cut-Outs</u></p>	<p>Photo from: <u>Holiday Gifts in a Jar</u></p>	<p>To get 2 meals: Make extra turkey and sw.pot.bites for Fri's dinner</p>	<p>To get 3 meals: Make extra ground beef & season w/taco seasoning for Thurs & Sat</p>			

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- Almond Flour Pancakes w/ fresh berries
- Southwestern Breakfast Casserole with sliced fruit
- Cinnamon Waffles with eggs and bacon

GF Lunch Ideas:

- Turkey, Cranberry & Apple Salad with mesclun greens
- Cauli-Pizza Bites with salad
- Tomato-Basil Cheese Pie with mesclun greens