

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 Feb 17-March 2 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Savory Sausage &amp; White Bean Soup</a> Garden Salad with <a href="#">Italian Dressing</a></p>	<p><a href="#">Grilled Herb Chicken</a> with <a href="#">Seasoned Grilled Veggies</a> and <a href="#">Baked Sweet Potatoes</a></p>	<p><a href="#">Pesto "Pasta" with Zoodles</a> or serve pesto with GF Pasta (top with <i>leftover sausage from Sunday</i>) Garden Salad with <a href="#">Italian Dressing</a></p>	<p><a href="#">Grilled Chicken Mexican Salad Bowls</a> (use <i>leftover grilled chicken and veggies from Monday</i>)</p>	<p><a href="#">Sausage &amp; Kale Breakfast Casserole</a> (replace ground sausage with <i>fine-diced leftover sausage from Sun</i>) serve with <a href="#">Honey-Lime Fruit Salad</a></p>	<p><a href="#">One-Skillet Mediterranean Chicken</a> (use <i>leftover grilled chicken</i>) with Spinach Salad with Avocado, Cucumber and Tomatoes <a href="#">Italian Dressing</a></p>	<p><a href="#">Slow Cooker Beef Stew</a> with Spinach Salad with Avocado, Cucumber and Tomatoes <a href="#">Italian Dressing</a></p>
<p><b>To get 3 meals:</b> Sauté extra sausage for use in Tues' and Thurs' dinners</p>	<p><b>To get 3 meals:</b> Grill extra chicken for Wed's &amp; Fri's dinners; grill extra veggies &amp; add to Wed's salad</p>				<p>Make extra salad and dressing for Sat's dinner</p>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Slow Cooker Apple Cider Pulled Pork</a> with Mashed Sweet Potatoes &amp; <a href="#">Green Beans</a></p>	<p><a href="#">Easy Taco Salad</a> with <a href="#">Cinnamon Dusted Plantains</a></p>	<p><a href="#">Slow Cooker Sweet &amp; Spicy Chicken</a> top with Steamed Broccoli serve over <a href="#">Cauli-Rice</a> or Basmati Rice</p>	<p><a href="#">Pulled Pork Tacos</a> (use <i>leftover pulled pork</i>) with <a href="#">Apple Carrot Coleslaw</a></p>	<p><a href="#">BBQ Pork Sliders</a> with <i>leftover</i> <a href="#">Apple Carrot Coleslaw</a></p>	<p><a href="#">Breakfast Nachos</a> (use <i>leftover taco meat instead of sausage, top with shredded cheese, if desired</i>) <a href="#">Pico de Gallo</a> and <a href="#">Honey-Lime Fruit Salad</a></p>	<p>Leftover <a href="#">Slow Cooker Sweet &amp; Spicy Chicken</a> top with Steamed Broccoli serve over leftover rice</p>
<p><b>To get 3 meals:</b> Make extra pork &amp; freeze for use in Wed's and Thurs' dinners</p>	<p><b>To get 2 meals:</b> Double the taco meat and save for Fri's dinner; make extra plantains to serve 4 breakfast</p>	<p><b>To get 2 meals:</b> Double the recipe and serve again on Saturday</p>	<p>Make extra coleslaw for Thurs' dinner</p>			

## Delicious Gluten-Free Breakfast and Lunch Ideas

### GF Breakfast Ideas:

- [Veggie Scramble](#) and leftover [Cinnamon Plantains](#)
- [Cinnamon Apple Oatmeal Bake](#) with sausage links
- [Banana Bread](#) with scrambled eggs

### GF Lunch Ideas:

- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- [Healthy Greens Wrap](#) with sliced fruit
- [Apple-Apricot Chicken Salad](#) with fresh veggies