

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 June 28-July 4 whole Food meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Grilled Shrimp Kebobs</a> served over <a href="#">Saffron Rice</a> Garden Salad with cucumber and tomato	<a href="#">Slow Cooker Greek Chicken</a> with Leftover <a href="#">Saffron Rice</a>	<a href="#">Hearty Minestrone Soup</a> Spinach Salad w/Diced Apples (or pears), and Walnuts <a href="#">Balsamic Italian Dressing</a>	<a href="#">Spicy Chicken Zoodle Bowls</a> Steamed Broccoli <i>(you can save time by grilling the chicken over medium heat; basting every 2-3 minutes until cooked through)</i>	<a href="#">Slow Cooker Beef Stew</a> Garden Salad with cucumber and tomato <a href="#">Creamy Ranch Dressing</a>	<a href="#">Lemon-Garlic Pan Seared Salmon and Asparagus</a> Mesclun Salad with cucumbers, tomato and avocado <a href="#">Creamy Ranch Dressing</a>	<a href="#">Happy July 4th Holiday Menu</a>
Daily Prep	Make extra saffron rice for Monday's dinner					Bake cupcakes for July 4th holiday menu	

## Delicious GF Breakfast and Lunch Ideas

Below are some healthy gluten-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.

### GF Breakfast Ideas:

- [Almond Flour Pancakes](#) with bacon
- [Orange Raspberry Muffins](#) with boiled eggs
- [Veggie Egg Scramble](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

### GF Lunch Ideas:

- [Honey Balsamic Chicken Rolls](#) with raw veggies & ranch dip
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit