

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 May 31-June 6 GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Lemon-Garlic Chicken</a> , Mashed Potatoes and Steamed Broccoli	<a href="#">Slow Cooker Italian Roast with Peppers in Au Jus</a> Leftover Mashed Potatoes and Garden Salad	<a href="#">Broiled Fish Tacos</a> with Homemade <a href="#">Pico de Gallo</a> and Diced Avocado <a href="#">Cauli-Rice</a> or <a href="#">Baja-Style Rice</a>	<a href="#">Sweet-n-Spicy Crockpot Chicken</a> with Steamed Broccoli and Leftover <a href="#">Cauli-Rice</a> or <a href="#">Baja-Style Rice</a>	<a href="#">Mexican Sweet Potato Soup</a> <i>(use chicken stock)</i> topped with Sliced Avocado Spinach Salad with Apples, Walnuts and Queso Fresco	<a href="#">Simple Shepherd's Pie</a> Leftover Mashed Potatoes Spinach Salad with Apples & Walnuts <a href="#">Raspberry Vinaigrette</a>	Leftover <a href="#">Mexican Sweet Potato Soup</a> topped with Sliced Avocado Garden Salad topped with leftover shredded <a href="#">Lemon-Garlic Chicken</a>
Daily Prep	Make a triple batch of mashed potatoes and extra chicken (freeze) for other meals	Defrost fish fillets in fridge overnight	If grain-free, try these <a href="#">tortillas</a> . Save leftover rice for Tues' dinner		Make a double batch of soup, save half for Saturday		

## DELICIOUS 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:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Pizza Frittata](#) with sliced fruit
- [Prosciutto Wrapped Frittata Muffins](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

### Grain-Free Lunch Ideas:

- [Spinach Potato Pancakes](#) with garden salad
- [Waldorf Salad](#) (replace buttermilk with coconut milk)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit