















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 April wks 3-4 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Easy Beef & Broccoli Bowls and Cilantro Rice	Pan-Seared Balsamic Chicken topped with Strawberry Salsa and leftover Cilantro Rice	Slow Cooker Caribbean Pulled Chicken Wraps with leftover Cilantro Rice	Pesto "Pasta" with Zoodles or use GF Pasta (top with leftover diced balsamic chix) Garden Salad with Italian Dressing	Pulled Pork Tacos (use leftover pulled pork) with leftover Cilantro Rice	Veggie & Beef Stir Fry (simply add leftover beef from Sunday at end of cook time)	Loaded Baked Potato Soup with Garden Salad and Italian Dressing
To get 2 meals: Make extra beef & freeze for Fri; make xtra rice for Mon, Tues, Thurs	To get 2 meals: Make extra chicken for Wed's dinner	To get 2 meals: Make/save extra chicken for Thurs' dinner		Put leftover frozen beef in fridge overnight to thaw		Weekend Treat! Try our favorite Chocolate-Raspberry Brownie Bites

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Roasted Lemon Spatchcock Chicken with Mashed Potatoes and Mesclun Greens Salad	Sausage Hash Brown Casserole serve with Fruit Salad and Almond Flour Biscuits	Easy Pepper Steak with Basmati Rice	Slow Cooker Sweet & Spicy Chicken top with Steamed Broccoli serve over leftover Basmati Rice	Baked Chicken Tacos! (use leftover shredded roast chicken) serve with Homemade Guacamole	Steak & Eggs Rancheros (use leftover steak from Tues) Pico de Gallo with Garden Salad	Italian Harvest Soup (add leftover sausage at end of cooktime to warm through) Garden Salad
To get 3 meals: Roast 2 chickens; shred extra chix for Thurs' dinner; make bone broth with bones	To get 2 meals: Cook extra sausage & freeze for Sat's dinner	To get 2 meals: Sauté extra steak for use in Fri's dinner; make extra rice for Wed's dinner			Put leftover frozen sausage in fridge overnight to thaw	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [Cinnamon-Apple Muffins](#) with scrambled eggs
- [Turkey Sausage Patties](#) with scrambled eggs and fruit
- [Cinnamon Apple Oatmeal Bake](#) with sausage patties

GF Lunch Ideas:

- [5-Minute Salmon Salad](#) in [Green Wraps](#)
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Avocado Egg Salad](#) on a bed of mesclun greens