

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 Oct 24-Nov 6 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><i>Featured recipe:</i> Grilled Honey Mustard Chicken and Roasted Sweet Potato Bites</p>	<p>Slow Cooker Marinara & Meatballs served over Zoodles (or GF pasta) Garden Salad</p>	<p>Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes</p>	<p>New Favorite! Honey Mustard Chicken Salad (use leftover honey mustard chicken to save time; toss in leftover sweet potato bites)</p>	<p>Sweet & Spicy Steak Wraps (add leftover grilled veggies) with Cilantro Rice</p>	<p>Meatball Subs (top sub rolls with leftover meatballs, marinara and shredded mozzarella, bake to melt cheese) serve with Garden Salad</p>	<p>Slow Cooker Chicken Teriyaki with Basmati Rice</p>
<p>To get 2 meals: Grill extra chicken & roast extra sweet potatoes for use in Wed's dinner</p>	<p>To get 2 meals: Save extra sauce and meatballs for use in Fri's dinner</p>	<p>To get 2 meals: Make extra steak for Thurs' dinner; grill extra veggies for Thurs' dinner</p>		<p>Recipe Note: Heat sauce in saucepan; add leftover steak & veggies; toss to warm through.</p>		<p>Weekend Treat! Try our yummy Fall Favorite Pumpkin Praline Bars</p>
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<p>Savory Cottage Pie with Mixed Greens Salad with Healthy Ranch Dressing</p>	<p>Pan-Seared Balsamic Chicken with Pesto Zoodles (or your favorite GF pasta)</p>	<p>Meatloaf Muffins Mashed Potatoes and Sweet Peas</p>	<p><i>Breakfast for Dinner!</i> Almond Flour Pancakes with Mixed Berries and Veggie Egg Scramble</p>	<p>Grilled Chicken Mexican Salad Bowls (use leftover balsamic chicken) with Baked Potatoes</p>	<p>One Skillet Quinoa Turkey Tacos (add leftover ground turkey after cooking quinoa & veggies to warm thru) serve with GF tortillas or lettuce leaves</p>	<p>Grilled Pesto Chicken Skewers (use leftover pesto) with Cilantro Rice</p>
<p>To get 2 meals: Brown extra turkey for Fri's dinner; make extra potatoes for Wed's dinner</p>	<p>To get 2 meals: Make extra chix for Thurs' dinner; make extra pesto for Sat's dinner</p>					
Delicious Gluten-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> • Baked Egg Avocado Boats with sliced fruit • Turkey Sausage Patties with scrambled eggs and fruit • Blueberry Scones with scrambled eggs 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> • Waldorf Chicken Salad with fresh fruit • Leftover Slow Cooker Baked Potato with salad • Rainbow Thai Salad 			