

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 sept 27-Oct 10 GF whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Featured Recipe: <u>Roasted Lemon Spatchcock Chicken</u> with Baby Potatoes and Mesclun Greens Salad</p>	 <p><u>Baked Pasta w/Sausage</u> <i>(replace sage with fresh basil instead; if GF use GF pasta)</i> Garden Salad</p>	 <p><u>Chicken Enchilada Skillet</u> <i>(add leftover shred roast chicken at end of cooktime)</i> with Basmati Rice</p>	 <p><u>Veggie Quiche with Hash Brown Crust</u> <i>(use leftover sausage from Sunday)</i> Mixed Greens Salad & Sliced Fresh Fruit</p>	 <p>New Favorite! <u>Pineapple BBQ Chicken Bowls</u> <i>(see recipe note below)</i> with leftover Basmati Rice</p>	 <p><u>Slow Cooker Sweet & Spicy Chicken</u> top with Steamed Broccoli serve over leftover Basmati Rice</p>	 <p><u>Savory Sausage & White Bean Soup</u> <i>(add leftover sausage at end of cooktime to warm through)</i> Garden Salad</p>
<p>To get 3 meals: Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones</p>	<p>To get 3 meals: Cook extra sausage and freeze for Wed's & Sat's dinners</p>	<p>Make extra rice for Thurs' & Fri's dinners</p>		<p>Recipe Note: Save time & toss leftover roast chicken with your favorite BBQ sauce</p>		<p>Weekend Treat! Try our favorite <u>Cinnamon Crumb Coffee Cake</u></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Easy Pepper Steak</u> with Basmati Rice</p>	 <p><u>Slow Cooker Caribbean Pulled Chicken Wraps</u> with <u>Cilantro Rice</u></p>	 <p><u>Easy Taco Skillet</u> serve with GF Tortillas and leftover <u>Cilantro Rice</u></p>	 <p><u>Steak & Eggs Rancheros</u> <i>(use leftover steak)</i> <u>Pico de Gallo</u> with Garden Salad</p>	 <p><u>Easy Taco Salad</u> <i>(save time and use leftover veggie taco meat from Tuesday)</i> top with <u>Cinnamon Dusted Plantains</u></p>	 <p><u>Caribbean Chicken Bowls</u> serve leftover pulled pork over <u>Cilantro Rice</u> top with diced fresh mango, leftover fried plantains & red pepper slices</p>	 <p><u>Beef Taco Lettuce Cups</u> <i>(use leftover taco meat after cooking veggies to warm through serve over rice)</i> and leftover <u>Cilantro Rice</u></p>
<p>To get 2 meals: Sauté extra steak for use in Wed's dinner</p>	<p>To get 2 meals: Make/save extra pulled chicken for Fri's dinner</p>	<p>To get 3 meals: Cook extra veggie tacos and save for Thurs' & Sat's dinners</p>		<p>Make extra plantains for Fri's dinner</p>	<p>Make extra rice for Sat's dinner</p>	

Delicious Gluten-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- Simple Hash Browns with Eggs Over Easy
- Sausage Hashbrown Egg Muffins with fresh fruit
- Banana Bread with scrambled eggs

GF Lunch Ideas:

- GF Tortilla Wraps *(great for kids)* with fresh fruit
- Carrot-Cheddar Sandwich with pineapple slices
- Apple-Apricot Chicken Salad with fresh veggies