

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 whole Food meal plan: February 16-22

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Hearty Lentil Stew , Mesclun Salad and Garden Herb Biscuits	Pulled Pork Barbecue Sandwiches and Apple-Carrot Coleslaw	Roasted Herb Drumsticks & Veggies and Leftover Apple-Carrot Coleslaw	Blueberry Almond Flour Pancakes , Bacon, Scrambled Eggs and Fruit Salad	Homemade Fish Sticks , Mac-n-Cheese and Steamed Broccoli	Shrimp, Kale & Wild Rice Bowls Dessert: Pineapple Upside Down Cake	Pulled Pork Enchiladas and Garden Salad w/ Ranch Dressing
Lunch	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread	Leftover Lentil Stew and Garden Herb Biscuits	Pulled Pork Barbecue Wrap and Apple Slices	Leftover Roasted Herb Drumsticks and Raw Veggies with Ranch Dip	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar	Avocado Egg Salad on Sweet Brown Bread and Fresh Fruit	Carrot & Cheddar Salad Sandwiches and Fresh Fruit
Breakfast	Pineapple Coconut Muffins and Eggs Over Easy	Leftover Pineapple Coconut Muffins and Vanilla Yogurt	Huevos a la Mexicana and Brown Bread Toast w/Butter	Homemade Granola w/Berries and Almond Milk	Leftover Blueberry Pancakes , Fruit Salad and Boiled Eggs	Bacon, Egg and Cheese Almond Flour Biscuit Sandwiches	Leftover Almond Flour Biscuits w/Butter, Eggs Over Easy and Green Smoothie
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Save extra muffins for breakfast • Bake bread • Save extra lentil stew for lunch 	<ul style="list-style-type: none"> • Save 1 1/2 cups of pulled pork w/o BBQ sauce for Sat. • Save extra coleslaw for Tues dinner 	<ul style="list-style-type: none"> • Make extra drumsticks and save for lunch tomorrow 	<ul style="list-style-type: none"> • Make extra batch of pancakes and save for breakfast • Save extra bacon for Fri 	<ul style="list-style-type: none"> • Boil extra eggs for making egg salad 	<ul style="list-style-type: none"> • Make extra biscuits and save for tomorrow • Make meal plan and go to market 	<ul style="list-style-type: none"> • Prep day - prep for next week's meal plan

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