

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: Feb 23-March 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Grilled Skirt Steak , Baked Sweet Potatoes and Green Beans	Taco Salad with Crockpot Black Beans	Grilled Herb Chicken , Root Veggie Sauté and Garden Salad w/Ranch Dressing	Shepherd's Pie w/Mashed Sweet Potatoes and Spinach Salad w/ Raspberry Vinaigrette	Crockpot Black Beans , Burritos and Cilantro Rice	Minestrone Soup with Grilled Turkey & Swiss Sandwiches Dessert: Creamy Custard w/Berries	Cobb Salad with Leftover Grilled Chicken and Crockpot Baked Potatoes
Lunch	Nut Butter Apple Slice Sandwiches (cored apple sliced horz. with nut butter) Vanilla Yogurt	Steak-n-Cheese Wrap and Fruit Salad	Leftover Taco Salad and Fruit & Nut Bar	Grilled Chicken Salad Sandwiches on Sweet Brown Bread and Fresh Fruit	Fruit & Cheese Kebobs with Multiseed Crackers	Rainbow Bean Dip , Apple Slices and Fruit & Nut Bar	Leftover Minestrone Soup with Salad
Breakfast	Cinnamon Apple Oatmeal Bake and Boiled Eggs	Leftover Cinnamon Apple Oatmeal Bake and Scrambled Eggs	Cheesy-Basil Egg Scramble and Brown Bread Toast w/Butter Fruit Smoothie	Yogurt Banana Splits and Boiled Eggs	Toad-n-the-Hole Fresh Fruit	Homemade Granola w/Berries and Almond Milk	Savory Baked Eggs and Sweet Brown Bread Toast w/Butter
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Make double batch of oatmeal • Grill extra steak for lunch • Make extra mashed sweet potat. for Wed • Soak beans 	<ul style="list-style-type: none"> • Brown extra ground meat for Wed's dinner • Make extra tacosalad 4 lunch • Save extra beans for Thurs 	<ul style="list-style-type: none"> • Grill extra chicken for lunch on Wednesday and dinner on Saturday 	<ul style="list-style-type: none"> • Soak granola 	<ul style="list-style-type: none"> • Bake granola 	<ul style="list-style-type: none"> • Save leftover soup for lunch tomorrow 	<ul style="list-style-type: none"> • Make meal plan, go to market and prep for next week's meal plan

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