

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: Mar 30 - Apr 5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Turkey-Veggie Meatloaf , Mashed Potatoes and Green Beans	Crockpot Chicken Fajitas and Saffron Rice with Peas	Oven Baked Fish Fillets and Leftover Saffron Rice with Peas	Southwestern Frittata , Sliced Avocado and Fruit Salad	Lentils & Carrots w. Swiss Chard and Garden Herb Biscuits	Turkey-Veggie Burgers w/Guac Sweet Potato Fries and Salad Dessert: Raspberry Bars	BLT Salad with Avocado and Ranch and Fully Loaded Crockpot Baked Potatoes
Lunch	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread	Nut Butter, Honey & Banana Wrap and Fresh Fruit	Leftover Chicken Fajitas and Fruit & Nut Bar	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar	Carrot & Cheddar Salad on Sweet Brown Bread and Leftover Soup	Avocado Egg Salad on Sweet Brown Bread and Fruit & Nut Bar	Leftover Turkey Burgers and Raw Veggies w/ Ranch Dip
Breakfast	Pumpkin Muffins Boiled Eggs Green Smoothie	Leftover Pumpkin Muffins and Veggie Egg Scramble	Toad-n-the-Hole Fresh Fruit	Grain-Free Granola w/Berries and Almond Milk	Oatmeal with Pears & Raw Honey and Boiled Eggs	Cheesy-Basil Egg Scramble and Brown Bread Toast w/Butter Fruit Smoothie	Savory Baked Eggs and Nitrate-Free Bacon
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> Save leftover muffins for tomorrow's breakfast 	<ul style="list-style-type: none"> Save leftover chicken fajitas for tomorrow's lunch Make extra saffron rice and save for tomorrow's dinner 	<ul style="list-style-type: none"> Bake granola Make tuna salad for tomorrow's lunch 	<ul style="list-style-type: none"> Soak oats overnight for tomorrow's breakfast 	<ul style="list-style-type: none"> Boil extra eggs to make egg salad tomorrow 	<ul style="list-style-type: none"> Grill extra burgers and save for lunch tomorrow 	<ul style="list-style-type: none"> Prep for next week's meal plan