

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: April 6-12

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Slow Cooker Roasted Chicken Baked Sweet Potatoes and Broccoli-Cauliflower Mix	Creamy Swiss Chard & Eggs , NF Bacon and Almond Flour Biscuits w/Butter & Honey	Pan-Fried Steak , Herb Roasted Potatoes and Spinach Salad w/ Honey-Mustard	Chicken Noodle Soup , Mixed Greens Salad and Garden Herb Biscuits	BBQ Roasted Chicken Sandwiches, Cultured Potato Salad and Honey-Lime Fruit Salad	Parmesan Crusted Fish , Mac-n-Cheese and Broccoli D: Strawberry Coffee Cake	Lemon Pepper Seasoned Grilled Chicken, Leftover Cultured Potato Salad and Grilled Asparagus
Lunch	Cheese Quesadillas with Guacamole and Raw Veggies w/ Ranch Dip	Avocado Egg Salad on Sweet Brown Bread and Fresh Fruit	Fruit & Cheese Kebobs with Multiseed Crackers	Steak-n-Cheese Wrap and Fruit Salad	Leftover Chicken Noodle Soup with Biscuits and Salad	Nut Butter Apple Slice Sandwiches (cored apple sliced horz. with nut butter) Vanilla Yogurt	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread
Breakfast	Cinnamon Apple Oatmeal Bake and Boiled Eggs	Leftover Cinnamon Apple Oatmeal Bake and Scrambled Eggs	Bacon, Egg and Cheese Almond Flour Biscuit Sandwiches	Yogurt Banana Splits and Boiled Eggs	Huevos a la Mexicana and Brown Bread Toast w/Butter	Grain-Free Granola w/Berries and Almond Milk	Blueberry Almond Flour Pancakes with Eggs and Fresh Fruit
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Make double batch of oatmeal save extra for tomorrow's breakfast • Boil extra eggs for egg salad 	<ul style="list-style-type: none"> • Make extra biscuits and bacon, and save for breakfast tomorrow 	<ul style="list-style-type: none"> • Grill extra steak for lunch tomorrow 	<ul style="list-style-type: none"> • Make extra soup and save for tomorrow's lunch 	<ul style="list-style-type: none"> • Use leftover roasted chicken from Sun, add BBQ sauce • Save extra potato salad for dinner Sat 	<ul style="list-style-type: none"> • Make lemon pepper seasoning 	<ul style="list-style-type: none"> • Make meal plan, go to market and prep for next week's meal plan

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