

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 13-19

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Turkey Bolognese with Zoodles</a> and Mixed Greens Salad w/ <a href="#">Honey-Mustard</a>	<a href="#">Chimichurri Sausage &amp; Veggies Kebobs</a> and <a href="#">Saffron Rice</a>	<a href="#">Taco Salad w/Crockpot Pinto Beans</a> and <a href="#">Cilantro Rice</a>	<a href="#">Italian Sausage &amp; White Bean Soup</a> and Garden Salad w/ <a href="#">Ranch</a>	<a href="#">Refried Beans</a> and Cheese Burritos with Leftover <a href="#">Cilantro Rice</a>	<a href="#">Shrimp, Kale and Wild Rice Bowls</a> Dessert: <a href="#">Strawberry Pie</a>	<a href="#">Parmesan Chicken Strips</a> , <a href="#">Sweet Potato Fries</a> and Spinach Salad w/ <a href="#">Ranch</a>
Lunch	<a href="#">Greek Hummus</a> BLT and Apple Slices	Avocado and Cheese Sandwich on <a href="#">Brown Bread</a> and <a href="#">Fruit &amp; Nut Bar</a>	<a href="#">Chimichurri Sausage &amp; Veggies</a> Bowls w/Leftover <a href="#">Saffron Rice</a>	Leftover <a href="#">Taco Salad</a> and Apple Slices	<a href="#">Greek Hummus</a> with <a href="#">Multiseed Crackers</a> and Raw Veggies	<a href="#">Rainbow Bean Dip</a> , Apple Slices and <a href="#">Fruit &amp; Nut Bar</a>	Leftover <a href="#">Italian Sausage &amp; White Bean Soup</a> and Garden Salad
Breakfast	<a href="#">Veggie Mini Omelets</a> and <a href="#">Gingerbread Smoothie</a>	Leftover <a href="#">Veggie Mini Omelets</a> and Fresh Berries	<a href="#">Grain-Free Granola</a> w/Berries and Almond Milk	<a href="#">Cinnamon Maple Crunch Oatmeal</a> and Boiled Eggs	<a href="#">Fruit &amp; Yogurt Parfaits</a> and Boiled Eggs	<a href="#">Blueberry Lemon Muffins</a> Veggie Egg Scramble	Leftover <a href="#">Blueberry Lemon Muffins</a> Scrambled Eggs Fruit Smoothie
Daily Prep	<ul style="list-style-type: none"> <li>• Save extra veggie mini omelets</li> <li>• Make double batch hummus</li> <li>• Soak granola</li> </ul>	<ul style="list-style-type: none"> <li>• Make granola</li> <li>• Soak pinto beans overnight</li> <li>• Make extra kebobs &amp; save for lunch</li> </ul>	<ul style="list-style-type: none"> <li>• Make extra taco salad and save for lunch</li> <li>• Use extra pinto beans to make refried beans for Thurs</li> <li>• Soak oats</li> </ul>	<ul style="list-style-type: none"> <li>• Make yogurt</li> <li>• Make extra soup for Sat's lunch</li> </ul>	<ul style="list-style-type: none"> <li>• Use leftover refried beans for dip for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>• Save extra muffins for tomorrow's breakfast</li> </ul>	<ul style="list-style-type: none"> <li>• Prep for next week's meal plan</li> </ul>