

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 20-26

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Slow Cooker Roasted Chicken Mashed Potatoes and Lemon-Garlic Green Beans	Fresh Caprese w/Zoodles and Grilled Herb Chicken	Creamy Tomato Soup with Grilled Ham, Cheese & Apple Sandwich on Brown Bread	Cobb Salad with Leftover Grilled Chicken and Crockpot Baked Potatoes	Grilled Fish Provençal with Wild Rice	Roasted Chicken Chili , Garden Salad and "Corn"bread Dessert: Chewy Ginger Cookies	Slow Cooker Italian Roast w/Peppers and Leftover Mock- "Corn"bread
Lunch	Cheese Quesadillas with Guacamole and Raw Veggies w/ Ranch Dip	Carrot & Cheddar Salad on Sweet Brown Bread and Fresh Fruit	Apricot Chicken Salad and Fruit & Nut Bar	Avocado Egg Salad on Sweet Brown Bread and Fresh Fruit	Nut Butter Apple Slice Sandwiches (cored apple sliced horz. with nut butter) Vanilla Yogurt	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar	Leftover Roasted Chicken Chili and Garden Salad
Breakfast	Creme Brulee Oatmeal Bake Easter Eggs (boiled eggs)	Leftover Creme Brulee Oatmeal Bake Green Smoothie	Fruit-on-the-Bottom Yogurt and Boiled Eggs	Cinnamon Streusel Muffins and Boiled Eggs	Leftover Cinnamon Streusel Muffins and Scrambled Eggs	Veggie Egg Scramble Brown Bread Toast w/Butter	Blueberry Almond Flour Pancakes with Eggs and Fresh Fruit
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Double the oatmeal bake • Save extra meat from roast chicken, make stock from the bones 	<ul style="list-style-type: none"> • Grill extra chicken for lunch tomorrow and dinner Wed 	<ul style="list-style-type: none"> • Boil extra eggs for tomorrow's lunch 	<ul style="list-style-type: none"> • Save extra muffins for tomorrow's breakfast 	<ul style="list-style-type: none"> • Bake cookies for tomorrow's dessert 	<ul style="list-style-type: none"> • Save leftover chicken chili for lunch tomorrow 	<ul style="list-style-type: none"> • Prep for next week's meal plan