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: July 20-26

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	BBQ Chicken, Citrus Salad and Cultured Potato Salad	Taco Salad w/Crockpot Pinto Beans and Cilantro Rice	Cobb Salad (w/Leftover BBQ Chicken) and Crockpot Baked Potatoes	Refried Bean Burritos w/ Pico de Gallo, Guacamole and Leftover Cilantro Rice	Creamy Swiss Chard and Eggs, Nitrate-Free Bacon and Biscuits w/ Honey-Butter	Spaghetti w/Meat Sauce (or use zoodles) & Garden Salad Dessert: Choco Banana Pops	Grilled Fish Provencal w/Wild Rice and Spinach Salad w/Ranch
Lunch	Nut Butter, Honey & Banana Wrap and Fresh Fruit	Carrot & Cheddar Salad on Sweet Brown Bread	LeftoverTaco Salad and Fresh Fruit	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar	Rainbow Bean Dip and Fruit & Nut Bar	Avocado Egg Salad on Sweet Brown Bread and Fruit & Nut Bar	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread
Breakfast	Cinnamony Apple Pie Muffins and Eggs Over Easy	Leftover Cinnamony Apple Pie Muffins and Scrambled Eggs	Yogurt Banana Splits and Boiled Eggs	Grain-Free Granola w/Berries and Almond Milk	Strawberry Hearts Oatmeal with Raw Honey and Boiled Eggs	Egg & Cheese Biscuits with Fruit Salad	Scrambled Eggs, Bacon and Green Smoothie

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	• Save extra muffins for tomorrow • Make extra BBQ chicken and save for Tuesday's dinner	• Brown extra ground meat and save for Friday's dinner • Save leftover beans & rice for Wed's dinner	• Make pico de gallo	• Save extra refried beans for lunch • Soak oats overnight for tomorrow's breakfast	• Boil extra eggs to make egg salad tomorrow • Save extra biscuits for breakfast tomorrow	• Defrost fish fillets in fridge overnight	• Prep for next week's meal plan