

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: August 24-30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Slow Cooker Green Chicken w/Diced Avocado and Cilantro Rice	Fresh Caprese w/Zoodles and Grilled Herb Chicken	Shrimp Tacos w/Mango and Leftover Cilantro Rice	Cobb Salad with Leftover Grilled Chicken and Crockpot Baked Potatoes	Tomato Soup with Grilled Ham, Cheese & Apple Sandwich (on Sweet Brown Bread)	Slow Cooker Roasted Chicken Mashed Potatoes and Lemon-Garlic Green Beans	BBQ Chicken Sandwiches (roasted chicken warmed w/BBQ sauce) and Coleslaw
Lunch	Carrot & Cheddar Salad on Sweet Brown Bread	Avocado Egg Salad on Sweet Brown Bread and Fruit & Nut Bar	Grilled Chicken Salad Sandwiches on Sweet Brown Bread and Fresh Fruit	Fruit & Cheese Kebobs with Multiseed Crackers	Nut Butter, Honey & Banana Wrap and Fresh Fruit	Leftover Tomato Soup with Cheese Quesadillas	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar
Breakfast	Cinnamony Apple Pie Muffins and Boiled Eggs	Leftover Cinnamony Apple Pie Muffins and Scrambled Eggs	Yogurt Banana Splits and Boiled Eggs	Soaked Oatmeal Breakfast with Berries and Boiled Eggs	Grain-Free Granola w/Berries and Almond Milk	Fluffy Little Almond Flour Pancakes with Eggs and Fresh Fruit	Nut Butter & Jam Pancake Sandwiches and Fruit Smoothie
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Daily Prep	<ul style="list-style-type: none"> • Save leftover muffins for breakfast • Boil extra eggs for egg salad • Save extra rice 4 Tues' dinner 	<ul style="list-style-type: none"> • Make a double batch of grilled chicken for Tues' lunch and Wed's dinner 	<ul style="list-style-type: none"> • Soak oats overnight for tomorrow's breakfast 	<ul style="list-style-type: none"> • No prep ahead tasks :) 	<ul style="list-style-type: none"> • Make extra soup and save for lunch tomorrow 	<ul style="list-style-type: none"> • Make extra pancakes and save for Sat's breakfast 	<ul style="list-style-type: none"> • Prep for next week's meal plan