

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 Oct 19-25 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices</p> <p>Roasted Herb Sweet Potato Bites</p>	<p>Breakfast for Dinner:</p> <p>Veggie Egg Scramble (topped with avocado slices)</p> <p>Leftover Roasted Herb Sweet Potato Bites</p>	<p>Golden Cauliflower Soup</p> <p>Spinach Salad w/Diced Apples, & Walnuts</p> <p>Healthy Ranch Dressing</p>	<p>Grilled Pineapple Chicken with Pineapple Salsa</p> <p>Steamed Broccoli</p> <p>Cilantro Rice</p> <p>OR</p> <p>Cauli-Rice (add 2 tbsp fine diced green onions, 1/4 tsp garlic powder and 1/4 tsp dried parsley)</p>	<p>Grilled Shrimp Kebobs</p> <p>Leftover Cilantro Rice</p> <p>OR</p> <p>Cauli-Rice</p> <p>Garden Salad with cucumber and tomato</p>	<p>BLT Salad with cucumbers, tomato and avocado</p> <p>Crockpot Baked Potatoes (top w/diced green onions and Healthy Ranch Dressing)</p>	<p>One Pot Chicken & Potatoes</p> <p>Spinach Salad with Sliced Strawberries, Kiwi and Avocado</p> <p>Dessert: Baked Pears (see recipe below)</p>
Daily Prep	<p>Make double batch of Roasted Sweet Potato Bites for tomorrow</p>			<p>Make double batch of Cilantro Rice or Cauli-Rice for tomorrow</p>	<p>Baked Pears: Core 4 pears. In a small bowl, mix together 1 tbsp ghee (or coconut oil) and 1 1/2 tsp cinnamon. Add 1/3 cup walnuts; toss to coat. Fill cored pears and bake at 350 for 20 minutes.</p>		

DELICIOUS GLUTEN-FREE, GRAIN-FREE BREAKFAST AND LUNCH IDEAS

Below are some healthy gluten-free, grain-free options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

GF Breakfast Ideas:

- [Pizza Frittata](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Huevos a la Mexicana](#) with turkey sausage patties
- [Banana Nut Porridge](#) with boiled eggs and bacon

GF Lunch Ideas:

- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Waldorf Salad](#) (replace buttermilk with coconut milk)
- [Avocado Egg Salad](#) on a bed of mesclun greens