

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 26-Nov 1 whole Food GF meal

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Chicken & Veggie Bites Lettuce Wraps (Bibb lettuce, shredded carrots and diced green onion) with Thai Sauce and Seasoned Cauliflower Rice</p>	<p>Slow Cooker Tangy Beef with Mashed Potatoes and Steamed Broccoli</p>	<p>Grilled Balsamic Chicken, Grilled Asparagus and Baked Sweet Potatoes</p>	<p>Cobb Salad w/Leftover Grilled Chicken and Crockpot Baked Potatoes</p>	<p>Chicken Fajita Bowls with Leftover Seasoned Cauliflower Rice</p>	<p>Veggie Penne Sauté with Leftover Chicken & Veggie Bites</p>	<p>Cream of Broccoli Soup topped with Leftover Slow Cooker Tangy Beef Whole30 "Dessert" Baked Pears (see recipe below)</p>
Daily Prep	<p>Save extra chicken bites for Fri's dinner Save extra cauliflower for Thurs' dinner</p>	<p>Save leftover beef for Sat's' dinner</p>	<p>Grill extra chicken and save for Wed's dinner</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 GRAIN-FREE BREAKFAST AND LUNCH IDEAS

Below are some healthy 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.

Grain-Free Breakfast Ideas:

- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Veggie Egg Scramble](#) top with avocado slices
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Smoky Sweet Potato Hash](#) with sliced fruit

Grain-Free Lunch Ideas:

- [Broccoli Salad](#) with leftover diced chicken
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit