

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 Nov 9-15 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices Roasted Herb Sweet Potato Bites	Grilled Shrimp Kebobs served over gluten-free Cilantro Rice or grain-free Cauli-Rice Garden Salad with cucumber and tomato	Bacon Zucchini and Red Pepper Frittata Mesclun Salad with cucumbers, tomato and avocado Healthy Ranch Dressing	Grilled Pineapple Chicken with Pineapple Salsa Steamed Broccoli Leftover Cilantro Rice or Cauli-Rice	Creamy Butternut Squash Soup Spinach Salad w/Diced Apples (or pears), and Walnuts Balsamic Italian Dressing	Chicken- BLT Salad with cucumbers, tomato and avocado (<i>use leftover chicken</i>) Crockpot Baked Potatoes (<i>top w/diced green onions and Healthy Ranch Dressing</i>)	Shepherd's Pie and Mesclun Salad with cucumbers, tomato and avocado Balsamic Italian Dressing
Daily Prep	Tip: Save leftover sweet potato bites for breakfast!	Save leftover cauli-rice for Thurs' dinner	Make extra bacon for Fri's dinner	Grill and save extra chicken for Fri's dinner	Baked Pears Dessert: Core 4 pears. In a small bowl, mix together 1 tbsp melted ghee (<i>or coconut oil</i>) and 1 1/2 tsp cinnamon. Add 1/3 cup walnuts; toss to coat. Fill cored pears and bake at 350 for 20 minutes.		

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:

- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit