

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 23-29 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Baked Chicken Parmesan with Zoodles (or GF pasta noodles) Garden Salad	Turkey Joes and Roasted Sweet Potato Bites Cultured Pickles Sliced Fruit	Crockpot Chicken Fajita Bowl (with sliced avocado) Mixed Greens Salad	Leftover Turkey Joes and Roasted Sweet Potato Bites Cultured Pickles Sliced Fruit	My Simple & Delicious Thanksgiving Holiday Menu	Thanksgiving Leftovers <i>(everyone loves them and we need a break from cooking!)</i>	Turkey Zoodle Soup Garden Salad
Daily Prep		Make double of everything and save for Wed's dinner			See Thanksgiving Day Menu Game Plan	Remove all leftover meat from turkey bones and make bone broth	

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:

- [Fluffy Almond Flour Pancakes](#) with bacon and berries
- [Pumpkin Pie Porridge](#) with boiled eggs and bacon
- [Simple Hash Browns](#) with scrambled eggs and sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

GF Lunch Ideas:

- [Turkey Salad Sandwiches](#) with raw veggies and ranch dip
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Carrot Cheddar Sandwiches](#) with cultured pickles

NOV 23-29 Prep Day TIPS continued

As you can see from my meal plans, I schedule daily prep-ahead tasks that keep me organized in getting homecooked meals on the table. But I also schedule a 1-2 hour block of time each weekend for simple prep-ahead tasks that make putting meals together a snap during busy weekdays.

Why schedule a Prep Day? Investing Time Now = Less Time Later!

Scheduling a meal plan prep-session, whenever possible, allows you to get prepared for the week ahead. By prepping ahead, you'll save time and you'll be less stressed in getting healthy, homemade meals on the table during busy weeknights. Want to see a step-by-step prep session, [click here](#).

A few easy ideas on the types of tasks you can accomplish in a 1-2 hour Prep Session:

- Make marinades and salad dressings
- Cut meats, poultry and seafood (*if appropriate, you can also place them into marinades*)
- Pre-brown ground beef and meats for stews
- Pre-chop fruits and veggies that hold-up well, such as carrots, and onions (*just be sure to store chopped onion in a separate container – whew!*)



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on what you can do to prep ahead for this week's meal plan ...

ay Menu, be sure to download the [Thanksgiving Day Menu Game Plan](#) for a list of prep ahead tasks.

- [Spiralize Zoodles](#) for use in the Baked Chicken Parmesan and Turkey Zoodle Soup.
- **Pre-chop all the veggies** for the Crockpot Chicken Fajita Bowls.
- **Make the Turkey Joes** and refrigerate up to 4 days. Then, just rewarm to serve.
- **Make Salad Dressings and Pre-chop Salad Fixings.** Chop lettuce and store in an airtight container with a paper towel to help keep the lettuce crisp. You can also pre-chop most salad fixings like cucumbers, peppers, carrot, radishes, etc. and store in airtight containers in fridge.

And ... consider what you'll be making for breakfast and lunch this week?

Remember, the shopping list provided in this meal plan only includes ingredients for the dinners featured. So **be sure to also add to the shopping list any items you need for preparing breakfast and lunch for the week.** That way you can get everything in one shopping trip! You can also prep ahead for these meals as well (if you have time left over after prepping for dinner). For example, boiled eggs can be peeled and stored in an airtight container in the fridge for up to 3-4 days.