

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 Jan 25-31 Whole Food GF meal plan

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--|---|--|---|--|--|--|
| Dinner | <p>Slow Cooker Roasted Chicken Herb Roasted Potatoes, Carrots and Red Onion Spinach Salad with Sliced Strawberries, Kiwi and Avocado Italian Dressing</p> | <p>Sausage & Butternut Squash Frittata with Mesclun Greens Salad with Tomato, Cucumber & Avocado</p> | <p>Grilled Herb Turkey Breasts Mashed Potatoes Green Beans</p> | <p>Chicken Tetrazzini with Zucchini Noodles Garden Salad <i>(substitute the raw chicken with 2 cups of leftover roasted chicken meat to save time!)</i></p> | <p>Leftover Grilled Herb Turkey Breasts with Grain-Free Cauliflower Fried Rice or Healthy Fried Rice</p> | <p>BLT Salad with cucumbers, tomato and avocado Crockpot Baked Potatoes (top w/diced green onions and Healthy Ranch Dressing)</p> | <p>Grilled Salmon with Avocado Salsa Mesclun Greens Salad with Tomato, Cucumber & Avocado</p> |
| Daily Prep | <p>Save 2 cups of the roasted chicken for Wed's dinner</p> | | <p>Grill extra turkey and save for Thurs' dinner</p> | | | | |

Delicious Gluten-Free, Grain-Free Breakfast & Lunch Recipes

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:

- [Twice Baked Stuffed Breakfast Sweet Potatoes](#)
- [Pizza Frittata](#) with sliced fruit
- [Prosciutto Wrapped Frittata Muffins](#) with sliced fruit
- [Pumpkin Breakfast Porridge](#) with boiled eggs and bacon

GF Lunch Ideas:

- Remember, leftovers make a great lunch!
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit
- [Waldorf Salad](#) (replace buttermilk with coconut milk)