

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 Feb 15-21 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Spaghetti Squash</a> <a href="#">Shrimp Pesto</a> Spinach Salad w/Diced Apples (or pears), Walnuts and Goat Cheese <a href="#">Balsamic Italian Dressing</a>	<a href="#">Slow Cooker Sweet Potato Chili</a> with Chile-Cheese "Corn"bread	Chili Dogs (serve <a href="#">leftover chili</a> over hot dogs) Fruit Salad <a href="#">Sweet Potato Fries</a>	<a href="#">Slow Cooker Brisket Tacos</a> with <a href="#">Seasoned Cauliflower Rice</a> or <a href="#">Baja-Style Rice</a>	<a href="#">Slow Cooker Greek Chicken</a> with Leftover <a href="#">Cauli-Rice</a> or <a href="#">Baja-Style Rice</a>	Leftover <a href="#">Slow Cooker Brisket</a> with <a href="#">Mashed Sweet Potatoes</a> and Peas & Carrots Dessert: <a href="#">Raspberry Crumble Bars</a>	<a href="#">Turkey Bolognese with Zoodles</a> Garden Salad with cucumbers, tomatoes and avocado <a href="#">Balsamic Italian Dressing</a>
Daily Prep		Save extra chili for Tues' dinner		Save half of briskett for Fri's dinner and make a double batch of "rice;" save half rice for tomorrow			

## Delicious Gluten-Free, 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:

- [Bacon Crusted Frittata](#) with fresh fruit slices
- [Simple Hash Browns](#) with scrambled eggs and sliced fruit
- [Easy Eggs Cups](#) with sliced fruit
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon

### Grain-Free Lunch Ideas:

- [Tomato-Basil Cheese Pie](#) with mesclun greens
- [Zesty Crab Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey BLT Roll-Ups](#) with sliced fruit