

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 22-28 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Simple Chicken Pot Pie</a> and Garden Salad with cucumber and tomato	<a href="#">Broiled Fish Tacos</a> w/fresh salsa and guacamole and grain-free <a href="#">Cauli-Rice</a> or gluten-free <a href="#">Baja-Style Rice</a>	<a href="#">Breakfast Tostada</a> with leftover salsa, sliced avocado and <a href="#">Honey-Lime Fruit Salad</a>	<a href="#">Turkey-Veggie Meatloaf</a> , Mashed Potatoes and <a href="#">Lemon Garlic Green Beans</a>	<a href="#">Sweet-n-Spicy Crockpot Chicken</a> , Basmati Rice or Leftover <a href="#">Cauli-Rice</a> and Steamed Broccoli	<a href="#">Lemon-Garlic Chicken</a> , Leftover Mashed Potatoes and Steamed Broccoli	<a href="#">Hearty Minestrone Soup</a> (if grain-free, use <a href="#">zoodles</a> in place of pasta) and Garden Salad topped with Leftover Shredded <a href="#">Lemon-Garlic Chicken</a>
Daily Prep	Defrost fish fillets in fridge overnight	If grain-free, try these <a href="#">tortillas</a> . Save leftover cauli-rice for Thurs' dinner		Make a double batch of mashed potatoes, save half for Friday		Shred and save any leftover chicken for topping salad on Saturday	

## 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:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Pizza Frittata](#) with sliced fruit
- [Prosciutto Wrapped Frittata Muffins](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

### Grain-Free Lunch Ideas:

- [Spinach Potato Pancakes](#) with garden salad
- [Waldorf Salad](#) (replace buttermilk with coconut milk)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit