

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 April 5-11 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Simple Chicken Pot Pie</a> and Garden Salad with Tomatoes, Cucumber and Avocado <a href="#">Italian Dressing</a>	<a href="#">Broiled Fish Tacos</a> with Pico de Gallo and <a href="#">Guacamole</a> with Basmati Rice or <a href="#">Cauli-Rice</a>	<a href="#">Sweet &amp; Spicy Slow Cooker Chicken</a> with Leftover Basmati Rice or <a href="#">Cauli-Rice</a>	<a href="#">Mini-Meatloaf Muffins</a> with Mashed Potatoes and Green Peas	<a href="#">Beef Tapa</a> with <a href="#">Cauli-Rice</a> or <a href="#">Baja-Style Cilantro Rice</a>	<a href="#">Thai Grilled Chicken</a> Leftover Mashed Potatoes Steamed Broccoli	<a href="#">Strawberry-Feta Salad</a> with Leftover <a href="#">Thai Grilled Chicken</a> and <a href="#">Balsamic Vinaigrette</a>
Daily Prep		Make extra rice and save for Tuesday's dinner		Make extra mashed potatoes and save for Friday's dinner		Grill extra chicken for Saturday's dinner	

## Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

Below are some healthy GF 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:

- [Blueberry Muffins](#) with eggs over easy and bacon
- [Bacon & Egg Biscuits](#) with sliced fruit
- [Grain-Free Granola](#) with boiled eggs
- [Fruit & Yogurt Parfait](#) with boiled eggs

### GF Lunch Ideas:

- [Sunny California Salad](#) with leftover beef or chicken
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Carrot Cheddar Sandwiches](#) with sliced fruit