

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 12-18 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><a href="#">Slow Cooker Roasted Chicken</a>  <a href="#">Herb Roasted Potatoes,</a>  <a href="#">Carrots and Red Onion</a>                      Spinach Salad with Sliced Kiwi and Avocado  <a href="#">Italian Dressing</a></p>	<p><a href="#">Roasted Chicken Chili</a>                      and                      Garden Salad with  <a href="#">Healthy Ranch Dressing</a></p>	<p><a href="#">Grilled Herb Turkey Breasts</a>                      Mashed Potatoes                      Green Beans</p>	<p><a href="#">Slow Cooker Italian Roast with Peppers</a>                      with Leftover Mashed Potatoes                      Mesclun Salad with Tomato, Cucumber &amp; Avocado</p>	<p><i>Breakfast for Dinner:</i>  <a href="#">Veggie Egg Scramble</a>                      with  <a href="#">Simple Hash Browns</a>                      and  <a href="#">Turkey Breakfast Sausage Patties</a></p>	<p><a href="#">Grilled Salmon with Avocado Salsa</a>                      Mesclun Greens Salad with Tomato, Cucumber &amp; Avocado                      Dessert:  <a href="#">Cinnamon Crumb Cake</a></p>	<p><a href="#">Turkey Tetrazzini with Zucchini Noodles</a>  <i>(use leftover turkey instead of chicken)</i>                      Garden Salad</p>
Daily Prep	<p>Save 3 cups of the roasted chicken for Mon's dinner</p>		<p>Make extra mashed potatoes for Wed and grill extra turkey for Sat's 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:

- [Southwestern Breakfast Casserole](#)
- [Egg & Sausage or Bacon Biscuits](#) with sliced fruit
- [Coconut Flour Banana Pancake Buddies](#) with fresh berries
- [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)