

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 Apr 26-May 2 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Slow Cooker Chicken Verde with GF Tortillas or Lettuce Wraps and Avocado</p> <p>Cauli-Rice or Baja-Style Cilantro Rice</p>	<p>Veggie "Pasta" (if grain-free, use zoodles)</p> <p>Mesclun Salad with cucumbers, tomato and avocado</p> <p>Balsamic Italian Dressing</p>	<p>Broiled Cod with Parsley Lemon Pesto and leftover Cauli-Rice or Baja-Style Cilantro Rice</p>	<p>Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices</p> <p>Roasted Herb Sweet Potato Bites</p>	<p>Beef Tapa (I highly recommend topping it with a fried egg) served over leftover Roasted Herb Sweet Potato Bites</p>	<p>Grilled Pineapple Chicken with Pineapple Salsa and Cauli-Rice or Basmati Rice with Black Beans</p>	<p>BLT Salad with cucumbers, tomato and avocado (top with leftover chicken)</p> <p>Crockpot Baked Potatoes (top w/diced green onions and Healthy Ranch Dressing)</p>
Daily Prep	<p>Make extra rice for Wednesday's dinner</p>			<p>Save leftover roasted sweet potato bites for Thurs' dinner</p>		<p>Grill and save extra chicken for Sat's dinner</p>	

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:

- [Cinnamon Apple Rawnola](#) (raw GF granola) with boiled eggs
- [Grab-n-Go Pancake Muffins](#) with boiled eggs
- [Veggie Egg Scramble](#) with leftover sweet potato bites
- [Coconut Flour Banana Pancake Buddies](#) with fresh berries

GF Lunch Ideas:

- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Carrot-Cheddar Sandwich](#) with pineapple slices
- [Greek Salad Wraps](#) with sliced fruit
- [Avocado Egg Salad](#) on a bed of mesclun greens