

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 Jan 11-17 whole Food GF meal plan

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

- [Pancake Muffins on the Go](#) with sliced fruit
- [Veggie Egg Scramble](#) top with avocado slices
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit

Grain-Free Lunch Ideas:

- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Waldorf Salad](#) (replace buttermilk with coconut milk)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit