

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 18-24 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p>Turkey Meatballs Braised in Tomato Sauce with GF Pasta or Sweet Potato Noodles</p>	<p>Slow Cooker Chicken Verde with Peppers with GF Tortillas or Lettuce Wraps</p>	<p>Grilled Balsamic Lime Steak Baked Sweet Potatoes (<i>top with Ghee and a sprinkle of cinnamon</i>) Grilled Asparagus</p>	<p>Mango Chicken Stuffed Peppers with Cilantro Rice or Herb Seasoned Cauliflower Rice</p>	<p>Slow Cooker Thai Stew with leftover Cilantro Rice or Cauliflower Rice</p>	<p>Bacon Zucchini and Red Pepper Frittata Mesclun Greens with cucumbers, tomato and avocado</p>	<p>Leftover Slow Cooker Thai Stew served over Rice Noodles or Sweet Potato Noodles</p>
Daily Prep	<p>Why not make extra meatballs and refrigerate or freeze for future meals</p>						

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:

- [Veggie Egg Scramble](#) top with avocado slices
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Cinnamon Apple Porridge](#) with boiled eggs and bacon
- [Smoky Sweet Potato Hash](#) with sliced fruit

Grain-Free Lunch Ideas:

- Remember, leftovers make a quick & easy lunch!
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Turkey BLT Roll-Ups](#) with sliced fruit