

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 Nov 29-Dec 5 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Creamy Turkey Soup Cranberry-Feta Mesclun Salad Balsamic Dressing and Almond Flour Biscuits	Skillet Lasagna with Zoodles Mesclun Salad with Tomato & Avocado Balsamic Dressing	Slow Cooker Garlic Lover's Chicken with Cauli-Rice or Basmati Rice Steamed Broccoli	Creamy Turkey Soup Grilled Cheese Sandwiches and Cultured Pickles	Slow Cooker Teriyaki Chicken with Cauli-Rice or Basmati Rice	Pizza Quiche with Mesclun Salad with Tomato & Avocado Balsamic Dressing Dessert: Praline Pumpkin Bars	Slow Cooker Beef Stew with Garden Herb Biscuits
Daily Prep	Save leftover soup for Wed's dinner; save extra biscuits for breakfast		Make extra of cauli-rice or rice and save half for Thurs' dinner.				

Delicious GF 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:

- Bacon & Egg [Almond Flour Biscuits](#) with fruit
- [Cinnamon Apple Porridge](#) with boiled eggs & bacon
- [Banana Bread](#) with scrambled eggs
- [Huevos Rancheros](#) with berries

GF Lunch Ideas:

- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [2-Minute Tuna Salad](#) over mesclun greens
- [Turkey Salad Sandwiches](#) with raw veggies & ranch dip
- [Carrot-Cheddar Sandwich](#) with pineapple slices