

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 March 12-25 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Cast Iron Steaks with Herb Butter</u> Mashed Potatoes <u>Green Beans</u></p>	<p><u>One-Skillet Asian Style Lettuce Wraps</u> (with diced avocado and mandarin orange slices)</p>	<p><u>Steak Cobb Salad</u> with <u>Almond Flour Biscuits</u></p>	<p><u>Grilled Shrimp Kebobs</u> with <u>Pineapple Salsa</u> and <u>Cauli-Rice</u> or <u>Cilantro Rice</u></p>	<p><u>Rustic Veggie Soup</u> (add leftover grilled shrimp at end of cook time) Garden Salad</p>	<p><u>Savory Cottage Pie</u> with Mixed Greens Salad with <u>Healthy Ranch Dressing</u></p>	<p><u>Slow Cooker Baked Potato Buffet</u> Garden Salad</p>
Make extra steak for Tues, extra potatoes for Friday	Time-Saver: Place the potatoes & carrots on pan with chicken		Make extra shrimp to add to soup on Thursday			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Slow Cooker Marinara & Meatballs</u> served over Zoodles (or sub with GF pasta) Garden Salad</p>	<p><u>Slow Cooker Sweet Potato Chili</u> with Sliced Avocados Mixed Greens Salad</p>	<p><u>Baked Chicken Parmesan</u> with Zoodles (or GF pasta noodles) Garden Salad</p>	<p><i>Breakfast for Dinner Night</i> <u>Almond Flour Waffles</u> topped with frozen berries (thawed) <u>Turkey Breakfast Sausage</u></p>	<p><u>Sweet-n-Spicy Crockpot Chicken</u> Steamed Broccoli and <u>Cauli-Rice</u> or <u>Cilantro Rice</u></p>	<p>Leftover <u>Slow Cooker Sweet Potato Chili</u> with Sliced Avocados Garden Salad</p>	<p><u>Balsamic Chicken Veggie Bake</u> Garden Salad</p>
Freeze extra meatballs for future meals; save extra sauce for Tuesday	Make extra soup and save for Friday					
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
<p>GF Breakfast Ideas:</p> <ul style="list-style-type: none"> • <u>Pancake & Sausage Muffins</u> with fruit • <u>Veggie Scramble</u> and leftover <u>Cinnamon Plantains</u> • <u>Pumpkin Pie Porridge</u> with boiled eggs and bacon • <u>Turkey Sausage Patties</u> with eggs over easy and fruit 			<p>GF Lunch Ideas:</p> <ul style="list-style-type: none"> • <u>Healthy Greens Wrap</u> with sliced fruit • <u>Pineapple Chicken Salad</u> on a bed of mesclun greens • <u>Turkey BLT Roll-Ups</u> with sliced fruit • <u>Honey Balsamic Chicken Rolls</u> w/raw veggies & ranch 			