# The Nourishing Home June 7-20 Whole Food Meal Plan

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><a href="#">Roasted Lemon Spatchcock Chicken</a> with Baby Potatoes and Mesclun Greens Salad</td>
<td><a href="#">Featured recipe: Grilled Ribeye Steak with Grilled Veggies and Slow Cooker Baked Potatoes</a></td>
<td><a href="#">Tropical Chicken Lettuce Wraps with Cilantro Rice</a></td>
<td><a href="#">Grilled Fajita Steak Salad (use leftover ribeye steak) with Pico de Gallo</a></td>
<td><a href="#">“Next-Over” Chicken Tacos</a> and leftover Cilantro Rice</td>
<td><a href="#">Easy Pepper Steak (see note below) with Basmati Rice</a></td>
<td><a href="#">Meatloaf Muffins Mashed Potatoes and Sweet Peas</a></td>
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**To get 3 meals:**
- Roast 2 chickens; shred extra chix for Tues & Thurs; make bone broth with bones
- Make extra steak for Wed’s & Fri’s dinners; make extra rice

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<td><a href="#">Hamburger Soup</a> (if desired, add cheese for cheeseburger soup) serve with Garden Salad</td>
<td><a href="#">Grilled Herb Chicken with Pineapple Salsa</a> serve over Cilantro Rice</td>
<td><a href="#">Slow Cooker Beef Stew</a> with Spinach Salad with Avocado, Cucumber and Tomatoes Italian Dressing</td>
<td><a href="#">Greek Style Chicken Salad</a> (use leftover diced grilled chicken) serve with Almond Flour Biscuits</td>
<td><a href="#">Breakfast Nachos</a> (use leftover taco meat instead of sausage, top with shredded cheese, if desired) Pico de Gallo and Honey-Lime Fruit Salad</td>
<td><a href="#">One-Skillet Mediterranean Chicken</a> (use leftover grilled chicken &amp; serve over leftover Cilantro Rice) Spinach Salad w/Avocado Italian Dressing</td>
<td><a href="#">Zucchini Breakfast Bake</a> (use leftover taco meat instead; mix in 1/2 cup of shredded cheese, if desired) Leftover Fruit Salad Almond Flour Biscuits</td>
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**To get 3 meals:**
- Brown extra ground meat. Add taco seasoning to use in Thurs’ & Sat’s dinners
- Grill extra chicken for Wed’s & Fri’s dinners; make extra rice for Fri’s dinner
- Make extra fruit salad for Sat’s dinner

### Delicious Gluten-Free Breakfast and Lunch Ideas

**GF Breakfast Ideas:**
- [Almond Flour Pancakes](#) w/ fresh berries
- [Sweet Potato Toasts](#) with sliced fruit
- [Strawberry Kiwi Acai Bowls](#) with boiled eggs

**GF Lunch Ideas:**
- Leftover [Slow Cooker Baked Potato](#) with salad
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Cauli-Pizza Bites](#) with salad