





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 Oct 23 - Nov 5 GF whole food meal

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Chicken Verde Lettuce Wraps</a> with <a href="#">Cilantro Rice</a> or <a href="#">Seasoned Cauli-Rice</a>	<a href="#">Slow Cooker Italian Beef &amp; Chard Ragu</a> with <a href="#">Zoodles</a> (if you're not GF, use egg noodles instead) Garden Salad	<a href="#">Grilled Pineapple Chicken</a> with leftover rice and <a href="#">Cinnamon Plantains</a>	Leftover Chicken Verde served over <a href="#">Butternut Squash Pasta</a> Garden Salad <a href="#">Italian Dressing</a>	<a href="#">Leftover Beef Ragu Soup</a> Mixed Greens Salad <a href="#">Italian Dressing</a>	<a href="#">Grilled Chicken Mexican Salad Bowls</a> with <a href="#">Slow Cooker Baked Potatoes</a>	<a href="#">Turkey Joes</a> with <a href="#">Roasted Sweet Potato Bites</a>
Make extra chicken and rice; reserve for Wed's dinner	Make enough Beef Ragu for making soup on Thurs	Grill extra chicken for Friday's dinner				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Slow Cooker Marinara &amp; Meatballs</a> serve over GF pasta of choice or <a href="#">Butternut Squash Pasta</a> Garden Salad	<a href="#">Pan Seared Balsamic Chicken with Pesto Zoodles</a> (or use GF pasta in place of zoodles) Garden Salad	<a href="#">Potato Casserole Lasagna</a> with <a href="#">Sautéed Greens</a>	<a href="#">Veggie Quiche with Hash Brown Crust</a> Mixed Greens Salad Sliced Fruit	<a href="#">Veggie Stir Fry</a> with Leftover Balsamic Chicken	<a href="#">Deconstructed Stuffed Peppers</a> (recipe serves 1, so adjust to serve 4 or more) serve over Basmati Rice or <a href="#">Cauli-Rice</a>	<a href="#">Citrus Salmon &amp; Asparagus Pouches</a> (serve with leftover rice)
Save 4 cups of sauce for Tues' dinner	Grill extra chicken and save for Thurs' dinner	Sauté extra greens for Wed's quiche	Save leftover quiche for breakfast		Make extra basmati rice or cauli-rice for Saturday	Cut parchment and line foil to avoid cooking fish directly in foil, if desired.

## Delicious Whole30-Friendly Breakfast and Lunch Ideas

### Whole30 Breakfast Ideas:

- Scrambled eggs with [Pumpkin Butter Spread](#) on toast
- [Turkey Sausage Patties](#) with eggs over easy
- [Veggie Egg Scramble](#) with leftover turkey sausage
- [Simple Hash Browns](#) with fried eggs

### Whole30 Lunch Ideas:

- [Taco Salad in a Jar](#) (use leftover chicken verde instead)
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Asparagus, Egg & Bacon Salad](#)
- [Cucumber Tomato Salad](#) on a bed of mesclun greens