

The nourishing home June 29-July 5 whole Food meal

The following **Whole Food Meal Plan**, **Shopping List** and **Prep Day Chart** feature budget-friendly, healthy gluten-free foods that typically feed a family of four. For those not living GF, no worries! I'm a GF girl living in household of grain lovers. So let me assure you, this real food menu can easily be adjusted to meet your needs. In addition, for those following a grain-free diet, this meal plan is especially easy to adjust, since the majority of recipes I develop and share are grain-free. It's a joy to share our meals with you! Many blessings, Kelly



June 29-July 5 Shopping List (dinner only)

Meat, Poultry & Fish

- ___ Chicken drumsticks (8-10)
- ___ 2.25 lbs beef sirloin
- ___ 1 lb boneless, skinless chicken breasts
- ___ 1 lb large shrimp, peeled, deveined
- ___ 1 lb Nitrate-Free Bacon

Dairy, Eggs & Cold Case Items

- ___ Blue cheese (8oz)
- ___ Cheddar cheese, shredded (8oz)
- ___ Guacamole (or homemade)
- ___ Milk of your choice
- ___ Parmesan cheese (10oz)
- ___ Pico de gallo (or homemade)
- ___ Provolone cheese, shredded
- ___ Sour cream
- ___ Yogurt (or homemade)

Fresh Produce

- ___ Avocados (2)
- ___ Baby spinach (1 bunch)
- ___ Bananas (4-5)
- ___ Bok choy (2)
- ___ Broccoli (2 heads)
- ___ Butter or green leaf lettuce (1)
- ___ Carrots (7-8)
- ___ Cherry tomatoes (2 pints)

- ___ Cucumber (1)
- ___ Fresh cilantro (1 sm bunch)
- ___ Garlic (2 head)
- ___ Ginger root, small (or use dry ground)
- ___ Green onions, scallions (1 bunch)
- ___ Kale (2 bunches)
- ___ Lemon (2)
- ___ Limes (2)
- ___ Mixed baby greens (1 bunch)
- ___ Red onion (1)
- ___ Red pepper (3)
- ___ Russet potatoes (1 per person)
- ___ Shallot (1)
- ___ Snap peas (6oz)
- ___ White mushrooms (8oz)
- ___ Wild rice
- ___ Yellow onion (1)
- ___ Yellow pepper (1)
- ___ Zucchini (3 for zoodles)

Pantry Items

- ___ Breadcrumbs (or homemade)
- ___ Chocolate chips
- ___ Coconut aminos (organic soy sauce)
- ___ GF tortillas
- ___ Mayo (for ranch dressing)
- ___ Refried beans

Dry Herbs & Spices

- ___ Dry Herbs
- ___ Cayenne pepper
- ___ Dill weed
- ___ Garlic powder
- ___ Onion powder
- ___ Oregano
- ___ Paprika
- ___ Parsley
- ___ Paprika
- ___ Thyme

Staples

- ___ Blanched almond flour
- ___ Cashew butter (for bread)
- ___ Coconut oil
- ___ Honey
- ___ Maple syrup
- ___ Molasses (for bread)
- ___ Vanilla extract

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 whole Food meal plan: June 29-July 5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Beef Fajita Kebobs w/Pico de Gallo , Guacamole and Cilantro Rice	Veggie Zoodle Stir Fry w/Leftover Beef and Leftover Cilantro Rice (or Zoodles)	Kale & Red Pepper Frittata , Garden Salad and Biscuits w/Butter	Refried Beans w/ Pico de Gallo , Guacamole and Leftover Cilantro Rice	Cobb Salad with Grilled Chicken and Crockpot Baked Potatoes	Shrimp, Kale and Wild Rice Bowls Dessert: Frozen Banana Bites	Oven Baked Fried Chicken Honey-Lemon Carrots and Spinach Salad with Ranch
Lunch	Cheese Quesadillas with Guacamole and Raw Veggies w/ Ranch Dip	Carrot & Cheddar Salad on Sweet Brown Bread and Fresh Fruit	Nut Butter Apple Slice Sandwiches (cored apple sliced horz. with nut butter) Vanilla Yogurt	Avocado Egg Salad on Sweet Brown Bread and Fresh Fruit	Layered Bean Dip with GF Tortillas and Fresh Veggies w/ Ranch	Apricot Chicken Salad and Fruit & Nut Bar	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread
Breakfast	Creme Brulee Oatmeal Bake Easter Eggs (boiled eggs)	Leftover Creme Brulee Oatmeal Bake Green Smoothie	Fruit-on-the-Bottom Yogurt and Boiled Eggs	Egg & Cheese Biscuits with Fruit Salad	Cinnamon Streusel Muffins and Boiled Eggs	Leftover Cinnamon Streusel Muffins and Scrambled Eggs	Veggie Egg Scramble , NF Bacon and Brown Bread Toast w/Butter
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Double the oatmeal bake • Make extra rice and grill extra beef for Mon's dinner 	<ul style="list-style-type: none"> • Make yogurt 	<ul style="list-style-type: none"> • Boil extra eggs for tomorrow's lunch • Make extra biscuits and save for tomorrow 	<ul style="list-style-type: none"> • Use extra refried beans to make layer dip for lunch 	<ul style="list-style-type: none"> • Save extra muffins for tomorrow's breakfast • Use extra grilled chicken to make chicken salad 	<ul style="list-style-type: none"> • Make banana bites and freeze 	<ul style="list-style-type: none"> • Prep for next week's meal plan

The Nourishing Home June 29-July 5 Prep Day TIPS

As you can see from my meal plans, I schedule daily prep-ahead tasks that keep me organized in getting homecooked meals on the table. But I also schedule a 1-2 hour block of time each weekend for simple prep-ahead tasks that make putting meals together a snap during busy weekdays.

Why schedule a Prep Day? Investing Time Now = Less Time Later!

Scheduling a meal plan prep-session, whenever possible, allows you to get prepared for the week ahead. By prepping ahead, you'll save time and you'll be less stressed in getting healthy, homemade meals on the table during busy weeknights. Want to see a step-by-step prep session, [click here](#).

A few easy ideas on the types of tasks you can accomplish in a 1-2 hour Prep Session:

- Make marinades and salad dressings
- Cut meats, poultry and seafood (*if appropriate, you can also place them into marinades*)
- Pre-brown ground beef and meats for stews
- Bake cookies, crackers and snacks for lunchboxes and treats
- Pre-chop fruits and veggies that hold-up well, such as carrots, and onions (*just be sure to store chopped onion in airtight containers – whew!*)

Now, let's get down to business!

Here are some specific ideas on what you can do to prep ahead for this week's meal plan ...

- **Marinate Chicken** for the Grilled Herb Chicken. Place in fridge (if using within 4-5 days) or place in freezer.
- **Spiralize the zucchini** if using in place of pasta. Zoodles can be stored in fridge for up to 2-3 days. Just place them in an airtight container with a paper towel to help absorb excess moisture.
- **Make the [pico de gallo](#)**, if using homemade.
- **Cut veggies** for stir fry, frittata and cobb salad.
- **Pre-chop Salad Fixings for Cobb Salad**. Chop lettuce and store in an airtight container with a paper towel (*or dish cloth*) to help keep the lettuce crisp. You can also pre-cook the bacon for the cobb salad and store for up to 5-6 days in fridge.
- **If you're planning to make the GF Brown Bread**, make it on your prep day. Allow it to cool, slice it, place in an airtight container and store in fridge. Then pull out what you need and warm in toaster oven throughout the week ahead. If you like it, why not make 2-3 loaves during your next prep session. Then, slice and freeze the loaves for less work later.



June 29-July 5 Prep Day TIPS continued

Consider what you'll be making for breakfast and lunch this week?

Remember, the shopping list provided in this meal plan only includes ingredients for the dinners featured. So **be sure to also add to the shopping list any items you need for preparing breakfast and lunch for the week.** That way you can get everything in one shopping trip! You can also prep ahead for these meals as well (if you have time left over after prepping for dinner). For example, boiled eggs can be peeled and stored in an airtight container in the fridge for up to 3-4 days. Another example is baking homemade muffins, breads, crackers or energy bars that for the week ahead.

Some final words of wisdom ...

- If this is your first time prepping ahead, **start SLOW.** Please! It always takes more time when you're learning the ropes, which is why I don't provide exact prep times for each step here as they truly vary by person. So don't overwhelm yourself by taking on the world. Just pick 1-2 tasks and get comfortable with those. Then pace yourself to keep adding more tasks as time permits.
- **Enlist some help!** If you've got wee ones, ask your hubby to help keep junior happy while you prep. The promise of delicious home-cooked meals should be all the incentive he needs. At the same time, consider how practical and rewarding it is to get your Kids in the Kitchen with you. You'll find [my tips and recommendations here](#) for making your kitchen time together productive and fun!
- And last but not least, **enjoy yourself!** It's a blessing to be able to provide healthy homecooked meals to your family and with a little time and practice, you'll be amazed at how much easier and enjoyable it will become.

Let's get together again soon! Of course, you're always welcome to pop over for a visit anytime at [The Nourishing Home](#).



Blessings,

Kelly