

the nourishing home

whole Food Grain-Free meal plan

Hi, Friends! We're changing things up just a bit with the meal plan, so please read the following info ...

For those who are **not** doing Whole30:

Please be assured, **you don't have to join us on the Whole30 Program to use this free whole food meal plan.** All of the grain-free recipes featured are delicious, family-friendly meals that can easily be adjusted to accommodate other dietary preferences, if desired.

For those who **are** doing Whole30:

Before you use this meal plan, I can't emphasize enough that it's so important to thoroughly understand the Whole30 Program before you start. So if you didn't do your homework, then please refer to the "[Day Zero: Getting Ready for Whole30](#)" post for the list of what you need to read prior to starting the program.

In addition Whole30 friends, be sure to download Whole30's free "[How to Plan Healthy Meals](#)" pdf. This document includes important information on how to ensure you're getting the right combination of protein, veggies, fruits, fats, etc. This information will help you to curb cravings and in-between meal snacking, as well as ensure optimal nutrition.

It's a joy to share our meals with you. Have a healthy and blessed week!

Kelly

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 12-18 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><u>Slow Cooker Beef Stew</u> Mesclun Greens with cucumbers, tomato and avocado serve with <u>Healthy Ranch Dressing</u></p>	<p><u>Chimichurri Chicken & Veggie Kebobs</u> with Simple <u>Cauli-Rice</u> (<i>add some fine diced green onions, 1/4 tsp garlic powder and 1/4 tsp dried parsley to the cauli-rice</i>)</p>	<p><u>Grilled Herb Turkey Breasts</u> Mashed Potatoes Green Beans</p>	<p><u>Chicken Tortilla-less Soup</u> Garden Salad with Cucumber and Tomato <u>Healthy Ranch Dressing</u></p>	<p><u>Summer Veggies Zoodle-Pasta</u> with Leftover <u>Grilled Herb Turkey Breasts</u></p>	<p><u>Slow Cooker Garlic Thyme Chicken</u> Mashed Sweet Potatoes Green Beans</p>	<p>Leftover <u>Chicken Tortilla-less Soup</u> Spinach Salad w/Diced Apples, & Walnuts Raspberry Custard (<i>see recipe below</i>)</p>
Daily Prep			Grill extra turkey and save for Thurs' dinner	Save extra soup for Saturday's dinner	Raspberry Custard: Preheat oven to 350°F. Fill four 7oz ramkins 1/3 full with raspberries. In a large bowl, whisk together 1 1/4 cups pure coconut milk, 2 eggs, 2 egg yolks, the seeds from 1 vanilla bean and 2 tsp coconut flour. Pour custard over raspberries and bake 25 minutes. Serve warm.		

DELICIOUS GLUTEN-FREE, GRAIN-FREE BREAKFAST AND LUNCH IDEAS

Below are some healthy gluten-free, grain-free 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:

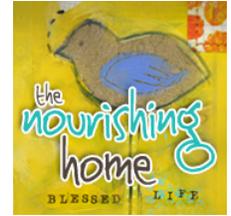
- Smoky Sweet Potato Hash with sliced fruit
- Prosciutto Wrapped Frittata Muffins with sliced fruit
- Veggie Egg Scramble top with avocado slices
- Turkey Sausage Patties with eggs over easy and sliced fruit

GF Lunch Ideas:

- Waldorf Salad (replace buttermilk with coconut milk)
- Broccoli Salad with leftover diced chicken
- Avocado Egg Salad on a bed of mesclun greens
- Chicken Salad Lettuce Wraps with sliced fruit

The nourishing home Oct 12-18 whole Food GF meal plan

The following **Whole Food GF Meal Plan, Shopping List** and **Prep Day Tasks** feature healthy grain-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. Enjoy!



October 12-18 Shopping List (dinner only)

You will notice (numbers) next to each ingredient. **These (numbers) let you know which dinners on the meal plan require these ingredients**, that way you can easily customize this list depending on which dinners you plan to make from the meal plan. 1=Sunday, 2=Monday, 3=Tuesday, etc..

Meat, Poultry & Fish

- ___ Beef chuck, 1.5 lbs. (#1)
- ___ Beef or chicken stock, 1 1/3 cup (#1)
- ___ Chicken stock, 8 cups (#4)
- ___ Boneless, skinless turkey breasts, 2.5 lbs, (#3)
- ___ Boneless, skinless chicken breasts, 2.5 lbs, (#4)
- ___ Bone-in chicken thighs, skin removed, 3 lbs. (#6)

Fresh Produce

- ___ Apple, 1 large (#7)
- ___ Avocado, 2 (#1, #4)
- ___ Baby spinach leaves, 2 bags (#5, #7)
- ___ Bibb lettuce, 1 head (#4)
- ___ Carrots, 6 (#1)
- ___ Cauliflower, 1 head (#2)
- ___ Cherry tomatoes, 16oz. (#1)
- ___ Cucumber, 2 (#1)
- ___ Fresh cilantro, 1 small bunch (#2)
- ___ Fresh flat-leaf parsley, 1 small bunch (#2)
- ___ Fresh sage, 1 small bunch (#3)
- ___ Fresh thyme, 1 small bunch (#3)
- ___ Garlic, 5 heads (#1, #2, #5, #6)

- ___ Green beans, 1.5 lbs. (#1, #3, #5)
- ___ Green onions, 1 bunch (#2)
- ___ Jalapenos, 2 (#4)
- ___ Limes, 2 (#4)
- ___ Mesclun salad mix, 1 bag (#1)
- ___ Mushrooms, 6oz (#5)
- ___ Poblano peppers, 1 (#4)
- ___ Raspberries, 6 oz (dessert)
- ___ Red bell pepper, 2 (#2, #5)
- ___ Russet potatoes, 3 lbs. (#3)
- ___ Small white or red potatoes, 1 ? lbs. (#1)
- ___ Sweet onion, 1 (#6)
- ___ Sweet potatoes, 5 (#6)
- ___ Yellow bell pepper, 1 (#2)
- ___ Yellow onion, 2 large (#1, #4)
- ___ Zucchini, 5 large (#2, #5)

Pantry Items

- ___ Artichoke hearts (#5)
- ___ Balsamic vinegar (#1)
- ___ Coconut flour (dessert)
- ___ Coconut milk, 2 cans (dessert)
- ___ Fire roasted tomatoes, 28oz. (#4)
- ___ Red wine vinegar (#2)
- ___ Sundried tomatoes (#5)

- ___ Tomato paste (#1)
- ___ Walnuts (#7)

Dry Herbs & Spices

- ___ Bay leaf (#1)
- ___ Dill weed (#1)
- ___ Garlic powder (#1)
- ___ Onion powder (#1)
- ___ Paprika (#6)
- ___ Parsley (#1)
- ___ Red pepper flakes (#2)
- ___ Rosemary (#1)
- ___ Taco seasoning (#4)
- ___ Thyme (#1)
- ___ Vanilla bean (dessert)

Staples

- ___ Eggs, at least 1-2 dozen
- ___ Extra virgin olive oil
- ___ Ghee (replaces butter)
- ___ Light olive oil (for mayo)
- ___ Sea salt

The nourishing home Oct 12-18 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
- Pre-chop fruits and veggies that hold-up well, such as carrots, and onions (*just be sure to store chopped onion in a separate airtight container – 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 ...

- **Grate the cauliflower** for use in making Cauli-Rice. Store in an airtight container in the fridge for up to 6 days.
- **Spiralize Zoodles** for use in the Summer Veggie Pasta. If you don't have a spiralizer, [use a julienne peeler](#) to make zoodles.
- **Make Chimichurri Sauce and cut the veggies** for the Chimichurri Sausage Kebobs.
- **Cut the veggies** for the Summer Veggie Pasta.
- **Make the Ranch Salad Dressing and Pre-chop Salad Fixings**. Chop lettuce and store in an airtight container with a paper towel to help keep the lettuce crisp. You can also pre-chop most salad fixings like cucumbers, peppers, carrot, radishes, etc. and store in airtight containers in fridge.
- **Make the grilled turkey marinade and place turkey in marinade**. Store in airtight container in fridge overnight, or place in freezer.

And ... 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



Oct 12-18 Prep Day TIPS continued

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.

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