

# 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 19-25 whole Food GF meal plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><a href="#">Southwestern Chicken Burgers</a> with lettuce, tomato, red onion and avocado slices</p> <p><a href="#">Roasted Herb Sweet Potato Bites</a></p>	<p><a href="#">Grilled Shrimp Kebobs</a> served over <a href="#">Cauli-Rice</a></p> <p>Garden Salad with cucumber and tomato</p>	<p>Breakfast for Dinner:</p> <p><a href="#">Veggie Egg Scramble</a> (topped with avocado slices)</p> <p>Leftover <a href="#">Roasted Herb Sweet Potato Bites</a></p> <p>Sliced Fresh Melon</p>	<p><a href="#">Grilled Pineapple Chicken</a> with <a href="#">Pineapple Salsa</a></p> <p>Steamed Broccoli</p> <p>Leftover <a href="#">Cauli-Rice</a></p>	<p><a href="#">Creamy Pumpkin Soup</a></p> <p>Spinach Salad w/Diced Apples (or pears), and Walnuts</p> <p><a href="#">Balsamic Italian Dressing</a></p>	<p>Chicken-<a href="#">BLT Salad</a> with cucumbers, tomato and avocado (use leftover chicken)</p> <p><a href="#">Crockpot Baked Potatoes</a> (top w/diced green onions and <a href="#">Healthy Ranch Dressing</a>)</p>	<p><a href="#">One Pot Chicken &amp; Potatoes</a></p> <p>Spinach Salad with Sliced Strawberries, Kiwi and Avocado</p> <p>Dessert: Baked Pears (see recipe below)</p>
Daily Prep	<p>Make double batch of Roasted Sweet Potato Bites for Tuesday</p>	<p>Make extra Cauli-Rice for Tues' dinner (see prep notes)</p>		<p>Make extra chicken for Fri's dinner</p>	<p>Baked Pears: Core 4 pears. In a small bowl, mix together 1 tbsp ghee (or coconut oil) and 1 1/2 tsp cinnamon. Add 1/3 cup walnuts; toss to coat. Fill cored pears and bake at 350 for 20 minutes.</p>		

## 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:

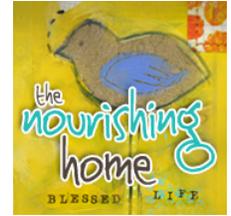
- [Pizza Frittata](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Huevos a la Mexicana](#) with turkey sausage patties
- [Savory Baked Eggs](#) with turkey sausage patties & sliced fruit

### GF Lunch Ideas:

- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)
- [Waldorf Salad](#) (replace buttermilk with coconut milk)
- [Avocado Egg Salad](#) on a bed of mesclun greens

# The nourishing home Oct 19-25 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 19-25 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

- \_\_\_ Boneless, skinless chicken breasts, 2 lbs (#4, #6)
- \_\_\_ Skin-on chicken thighs, 1.5 lbs (#7)
- \_\_\_ Chicken stock, 3.5 cups (#2, #4)
- \_\_\_ Ground chicken, 1 lb (#1)
- \_\_\_ Uncooked large shrimp, 1 lb (#2)
- \_\_\_ Nitrate-Free Bacon, 2 lbs (#3, #5, #6)

### Fresh Produce

- \_\_\_ Apples, 2 (#5)
- \_\_\_ Avocados, 4 (#1, #3, #6, #7)
- \_\_\_ Baby spinach, 2 bags (#5, #7)
- \_\_\_ Broccoli, 2 small heads (#4)
- \_\_\_ Cauliflower, 1-2 heads (#2, #4)
- \_\_\_ Cherry tomatoes, 1 pint (#2, #6)
- \_\_\_ Cucumber, 2 (#2, #6)
- \_\_\_ Fresh cilantro, 1 small bunch (#1, #4)
- \_\_\_ Fresh parsley, 1 small bunch (#2, #4)
- \_\_\_ Fresh oregano, 1 small bunch (#7)
- \_\_\_ Fresh sage (#5)
- \_\_\_ Garlic, 2 heads (#4)
- \_\_\_ Green onions, 1 small bunch (#3, #6)
- \_\_\_ Jalapeno, 1 (#4)
- \_\_\_ Kiwi, 1 (#7)
- \_\_\_ Lettuce, 2 Bibb or 2 Romaine (#1, #2, #6)
- \_\_\_ Lemon, 1 (#7)

- \_\_\_ Limes, 2 (#4)
- \_\_\_ Melon of your choice (#3)
- \_\_\_ Mushrooms, 6-8oz (#1)
- \_\_\_ Pears, 1 per person (#7)
- \_\_\_ Pineapple, 1 (#4)
- \_\_\_ Red bell peppers, 2 (#1, #2, #3)
- \_\_\_ Red onion, 1 (#1)
- \_\_\_ Russet potatoes, 4 plus 1 per person (#6, #7)
- \_\_\_ Tomatoes, 3 (#1, #4)
- \_\_\_ Strawberries, 1/2 pint (#7)
- \_\_\_ Sweet onion, 1 (#5)
- \_\_\_ Sweet potatoes, 4 large (#1, #3)
- \_\_\_ Yellow onions, 2 (#1, #2, #4)
- \_\_\_ Zucchini, 2 (#2, #3)

### Pantry Items

- \_\_\_ Balsamic vinegar (#5)
- \_\_\_ Capers, 1/4 cup (#7)
- \_\_\_ Dijon mustard (#5)
- \_\_\_ Mayo, homemade is best (#6)
- \_\_\_ Pure canned coconut milk, two 14oz (#5)
- \_\_\_ Pineapple juice, small (#4)
- \_\_\_ Pumpkin puree, two 15oz cans or homemade (#5)
- \_\_\_ Walnuts (#5, #7)

### Dry Herbs & Spices

- \_\_\_ Basil (#5)
- \_\_\_ Cayenne pepper (#1)
- \_\_\_ Chili powder (#1)
- \_\_\_ Cinnamon (#7)
- \_\_\_ Dill weed (#6)
- \_\_\_ Garlic powder (#1)
- \_\_\_ Ground ginger (#5)
- \_\_\_ Onion powder (#2)
- \_\_\_ Oregano (#2)
- \_\_\_ Paprika (#2)
- \_\_\_ Parley (#1)
- \_\_\_ Rosemary (#1)
- \_\_\_ Thyme (#1)

### Staples

- \_\_\_ Almond milk (#3, #6)
- \_\_\_ Eggs, at least 1-2 dozen
- \_\_\_ Extra virgin olive oil
- \_\_\_ Ghee (replaces butter)
- \_\_\_ Light olive oil (for mayo)
- \_\_\_ Sea salt

# The nourishing home Oct 19-25 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 4 days. Each head of cauliflower generally makes about 6-8 cups of cauli-rice. So make a double batch if needed to cover Tuesday's dinner as well.
- **Cut the veggies** for the chicken burgers, shrimp kebobs and veggie egg scramble.
- **Make bacon in oven** and store in fridge for use in the BLT Salad and serve with the Veggie Egg Scramble, if desired.
- **Make the Salad Dressings 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. Do not chop soft fruits ahead of time, as they tend to get mushy after a couple days in fridge.

## 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 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.



# Oct 19-25 Prep Day TIPS continued

## 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