

# the nourishing home

## whole Food Grain-Free meal plan

Hi, Friends! We're changing things up just a bit this month, 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 26-Nov 1 whole Food GF meal

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<p><u>Chicken &amp; Veggie Bites</u> Lettuce Wraps (Bibb lettuce, shredded carrots and diced green onion) with <u>Thai Sauce</u> and <u>Seasoned Cauliflower Rice</u></p>	<p><u>Slow Cooker Tangy Beef</u> with Mashed Potatoes and Steamed Broccoli</p>	<p><u>Grilled Balsamic Chicken</u>, Grilled Asparagus and Baked Sweet Potatoes</p>	<p><u>Cobb Salad</u> w/Leftover <u>Grilled Chicken</u> and Crockpot Baked Potatoes</p>	<p><u>Chicken Fajita Bowls</u> with Leftover <u>Seasoned Cauliflower Rice</u></p>	<p><u>Veggie Penne Sauté</u> with Leftover <u>Chicken &amp; Veggie Bites</u></p>	<p><u>Cream of Broccoli Soup</u> topped with Leftover <u>Slow Cooker Tangy Beef</u> Whole30 "Dessert" Baked Pears (see recipe below)</p>
Daily Prep	<p>Save extra chicken bites for Fri's dinner Save extra cauliflower for Thurs' dinner</p>	<p>Save leftover beef for Sat's' dinner</p>	<p>Grill extra chicken and save for Wed'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 GRAIN-FREE BREAKFAST AND LUNCH IDEAS

Below are some healthy 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.

### Grain-Free Breakfast Ideas:

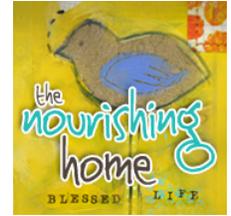
- Cinnamon Apple Porridge with boiled eggs and bacon
- Veggie Egg Scramble top with avocado slices
- Turkey Sausage Patties with eggs over easy and sliced fruit
- Smoky Sweet Potato Hash with sliced fruit

### Grain-Free Lunch Ideas:

- Broccoli Salad with leftover diced chicken
- Tuna Cakes with raw veggies and ranch dip
- Avocado Egg Salad on a bed of mesclun greens
- Chicken Salad Lettuce Wraps with sliced fruit

# The nourishing home Oct 26-Nov 1 whole Food GF meal

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!



## Oct 26 - Nov 1 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 roast, 3 lbs. (#2)
- \_\_\_ Boneless, skinless chicken breasts, 3 lbs. (#3, #4, #5)
- \_\_\_ Ground chicken, 1 1/2 lbs. dark meat (#1)
- \_\_\_ Chicken stock, 4.5 cups (#1, #7)
- \_\_\_ Nitrate-free bacon, 1 lb. (#4)

### Fresh Produce

- \_\_\_ Apple, 1 (#7)
- \_\_\_ Asparagus, 2 bunches (#3, #6)
- \_\_\_ Avocado, 4 (#4, #5)
- \_\_\_ Baby spinach leaves, 1 package (#1)
- \_\_\_ Bibb lettuce, 2 heads (#1)
- \_\_\_ Broccoli, 4 large (#2, #6, #7)
- \_\_\_ Carrots, 2 (#1)
- \_\_\_ Cauliflower, 1 large (#1)
- \_\_\_ Cherry tomatoes, 1 pint (#4)
- \_\_\_ Fresh basil, 1 small bunch (#6)
- \_\_\_ Fresh cilantro, 1 small bunch (#5)
- \_\_\_ Fresh parsley, 1 small bunch (#1)
- \_\_\_ Garlic, 3 heads (#1, #2, #6)
- \_\_\_ Ginger, 1 small piece (#1)
- \_\_\_ Green bell peppers, 2 (#5)
- \_\_\_ Green onions, 1 small bunch (#1)
- \_\_\_ Leeks, 4 (#7)

- \_\_\_ Lemon, 1 (#4)
- \_\_\_ Limes, 3 (#1, #5)
- \_\_\_ Mixed salad greens (#4)
- \_\_\_ Red bell peppers, 3 (#1, #5)
- \_\_\_ Shallots, 3 (#7)
- \_\_\_ Russet potatoes, 5 lbs (#2, #4)
- \_\_\_ Sweet potatoes, 1 per person (#3)
- \_\_\_ Yellow onions, 5 (#1, #2, #5, #6, #7)
- \_\_\_ Zucchini, 5 medium (#1, #6)

### Pantry Items

- \_\_\_ Almond butter (#1)
- \_\_\_ Artichoke hearts, canned or frozen (#6)
- \_\_\_ Balsamic vinegar (#3)
- \_\_\_ Canned coconut milk, 2 (#1, #7)
- \_\_\_ Fish sauce, red boat brand (#1)
- \_\_\_ Hot sauce (if desired for Thai sauce)
- \_\_\_ Kalamata olives, pitted (#6)
- \_\_\_ Red wine vinegar (#2, #5)
- \_\_\_ Red or green salsa, 15oz jar (#5)
- \_\_\_ Sun dried tomatoes (#6)
- \_\_\_ Unsweetened applesauce, small jar (#1)

### Dry Herbs & Spices

- \_\_\_ All-purpose seasoning (#1)
- \_\_\_ Cayenne pepper (#1)
- \_\_\_ Cumin (#5)
- \_\_\_ Curry powder (#7)
- \_\_\_ Dry mustard (#2)
- \_\_\_ Garlic powder (#1, #5)
- \_\_\_ Italian seasoning (#3)
- \_\_\_ Onion powder (#3)
- \_\_\_ Paprika (#2)
- \_\_\_ Parsley (#1)

### Staples

- \_\_\_ Eggs, 1 dozen
- \_\_\_ Extra virgin olive oil
- \_\_\_ Ghee (replaces butter)
- \_\_\_ Light olive oil (for mayo)
- \_\_\_ Sea salt

# The nourishing home Oct 26-Nov 1 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 ...

- **Make Thai Sauce**, if using for the Chicken & Veggie Lettuce Wraps.
- **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 Veggie Penne Sauté. If you don't have a spiralizer, [use a julienne peeler](#) to make zoodles.
- **Marinate 2lbs of chicken** for the Grilled Balsamic Chicken and Cobb Salad.
- **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 bacon in oven** and store in fridge for use in the Cobb Salad, as well as for breakfast and lunch, if desired.

## 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 26-NOV 1 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