

The nourishing home whole Food meal plan: week two

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



Shopping List (dinner only)

Meat, Poultry & Fish

- Beef chuck roast (4 lb.)
- Chicken stock (2.5 cups)
- Ground turkey (1/2 lb.)
- Whole roasting chicken (5 lb.)

Dairy, Eggs & Cold Case Items

- Eggs
- Milk of your choice (12 oz.)
- Havarti cheese (6 oz.)
- Sharp cheddar (6 oz.)
- Whole milk yogurt (8 oz.)

Fresh Produce

- Asparagus (1 bunch)
- Blueberries (for lemon tart)
- Broccoli (2-3 heads)
- Carrots (16-18)
- Celery (5-6 stalks)
- Cherry tomatoes (for salad)
- Cucumber (for salad)
- Garlic (3 heads)
- Jalapeno peppers (2 small)
- Lemons (3)
- Lettuce for salads (3 heads)
- Pineapple (2/3 cup diced)
- Potatoes, russet (5 lb. bag)

- Raisins (2/3 cup)
- Raspberries (for lemon tart)
- Red pepper (1)
- Yellow onions (3)
- Zucchini (2)

Fresh Herbs

- Basil (1/2 cup)
- Thyme (1 bunch)
- Sage

Frozen Produce

- Sweet peas (8-10 oz.)

Pantry Items

- Artichoke hearts (in water, not oil)
- BBQ sauce (or homemade)
- Canned crushed tomatoes (28 oz.)
- Canned diced tomatoes (15 oz.)
- Canned tomato sauce (8 oz.)
- Dijon mustard
- Dry black beans (1 bag or 2-3 canned)
- Dry white beans (1 bag or 1-2 canned)
- GF penne pasta
- Green chiles (for cornbread)
- Kalamata olives, pitted
- Red wine vinegar

- Sun dried tomatoes (in olive oil)

Dry Herbs & Spices

- All-purpose herb seasoning mix
- Allspice
- Chili powder
- Dry mustard
- Garlic powder
- Onion powder
- Paprika
- Parsley
- Rosemary

Bakery Items (or make yourself)

- GF burger buns (for BBQ beef)

Staples

- Apple cider vinegar
- Arrowroot powder
- Blanched almond flour
- Coconut flour
- Coconut milk
- Coconut oil
- Coconut sugar
- Honey
- Olive oil
- Sea salt

All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Slow Cooker Roasted Chicken Mashed Potatoes and Asparagus	Crockpot Turkey-Veggie Chili , Garden Salad and Grain-Free Cornbread	Veggie Penne Sauté and Salad (if grain-free sub with Zucchini Noodles)	Chicken Pot Pie and Mesclun Salad	Tangy Slow Cooker Beef , Leftover Mashed Potatoes and Steamed Broccoli	Leftover Crockpot Chili , Salad and Grain-Free Cornbread Lemonberry Tart	BBQ Beef Sandwiches (use leftover beef from Sunday) and Carrot Salad
Lunch	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar	Nut Butter Apple Slice Sandwiches (cored apple sliced horz. with nut butter) Vanilla Yogurt	Carrot & Cheddar Salad on Sweet Brown Bread and Fresh Fruit	Leftover Veggie Penne Sauté and Garden Salad	Avocado Egg Salad on Sweet Brown Bread and Fresh Fruit	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread	Cheese Quesadillas with Guacamole and Raw Veggies w/ Ranch Dip
Breakfast	Creme Brulee Oatmeal Bake Boiled Eggs	Leftover Creme Brulee Oatmeal Bake Green Smoothie	Veggie Egg Scramble Brown Bread Toast w/Butter	Cinnamon Streusel Muffins and Boiled Eggs	Leftover Cinnamon Streusel Muffins and Scrambled Eggs	Yogurt Banana Splits and Boiled Eggs	Blueberry Almond Flour Pancakes with Eggs and Fresh Fruit
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Double the oatmeal bake • Save extra meat from roast chicken, make stock from the bones 	<ul style="list-style-type: none"> • Save leftover chili for Friday's dinner 	<ul style="list-style-type: none"> • Make extra pasta and save for tomorrow's lunch 	<ul style="list-style-type: none"> • Save extra muffins for tomorrow's breakfast • Boil extra eggs for lunch 	<ul style="list-style-type: none"> • Save extra beef for Saturday's dinner 	<ul style="list-style-type: none"> • Make lemon curd in morning for tart 	<ul style="list-style-type: none"> • Prep for next week's meal plan

The nourishing home 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 ...

- **Brown ground meat.** If you don't already have precooked ground meat on hand, brown the ground turkey for the chili. Place in fridge (if using within 4-5 days) or place in freezer. (*Time-saving tip: Brown 2-3 pounds of ground meat and store in freezer in 2-cup-size containers. Then, high five yourself for saving even more time in putting together future meals.*)
- **Pre-chop Salad Fixings.** 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-chop most salad fixings like cucumbers, peppers, carrot, radishes, etc. and store in airtight containers in fridge.
- **Soak and cook the beans.** Or at least soak them (drain and place in fridge) and then cook them on another day when you have time. By the way, you can always soak and cook an entire bag of beans. Then just measure out what you need for the Turkey-Veggie Chili recipe and freeze the rest for a future meal. For the Crockpot Black Beans recipe, simply soak the beans the night before.
- **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.



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