

The nourishing home whole Food meal plan: week three

The following **Whole Food Meal Plan**, **Shopping List** and **Prep Day Chart** feature budget-friendly, healthy gluten-free meals 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

- ___ Chicken stock (5 cups)
- ___ Chicken drumsticks, skin on (8-10)
- ___ Italian sausage (8oz links or ground meat)
- ___ Nitrate-free bacon
- ___ Pork shoulder roast (4 lbs)
- ___ Raw shrimp, deveined (1 lb)
- ___ Wild caught white fish (1 lb)

Dairy, Eggs & Cold Case Items

- ___ Buttermilk (1/4 cup)
- ___ Grated parmesan
- ___ Grassfed sharp cheddar (16oz)
- ___ Heavy cream (1/4 cup)
- ___ Pastured eggs
- ___ Sour cream
- ___ Whole milk (1 pint)
- ___ Whole milk yogurt (1/4 cup)

Fresh Produce

- ___ Apples (2)
- ___ Blueberries (1 pint)
- ___ Broccoli (1 large head)
- ___ Cabbage (1 small head)

- ___ Carrots (6)
- ___ Garlic (2 heads)
- ___ Kale (2 large bunches)
- ___ Pineapple (or canned)
- ___ Potatoes, small red or white (8-10)
- ___ Red onion (1)
- ___ Salad greens (2)
- ___ Shallot (1)
- ___ Sweet potatoes (2)
- ___ Yellow onions (5)
- ___ Zucchini (2)

Fresh Herbs

- ___ Parsley

Pantry Items

- ___ Apple juice, unfiltered
- ___ Barbecue sauce (or homemade)
- ___ Black olives, sliced
- ___ Dried brown lentils
- ___ Dry pinto beans (or canned)
- ___ Enchilada sauce (or homemade)
- ___ GF elbow pasta
- ___ GF hamburger buns

- ___ GF tortillas (4)
- ___ Mayo (or homemade)
- ___ Wild rice (or Lundberg wild rice mix)

Dry Herbs & Spices

- ___ Bay leaf
- ___ Dry mustard
- ___ Garlic powder
- ___ Italian herb seasoning
- ___ Paprika
- ___ Parsley
- ___ Poppy seeds
- ___ Thyme

Staples

- ___ Apple cider vinegar
- ___ Blanched almond flour (for pancakes)
- ___ Coconut flour (for cake)
- ___ Coconut sugar (for cake)
- ___ Honey
- ___ Maple Syrup
- ___ Olive oil
- ___ Pure vanilla extract
- ___ 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	Hearty Lentil Stew , Mesclun Salad and Garden Herb Biscuits	Pulled Pork Barbecue Sandwiches and Apple-Carrot Coleslaw	Roasted Herb Drumsticks & Veggies and Leftover Apple-Carrot Coleslaw	Blueberry Almond Flour Pancakes , Bacon, Scrambled Eggs and Fruit Salad	Homemade Fish Sticks , Mac-n-Cheese and Steamed Broccoli	Shrimp, Kale & Wild Rice Bowls Dessert: Pineapple Upside Down Cake	Pulled Pork Enchiladas and Garden Salad w/ Ranch Dressing
Lunch	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread	Leftover Lentil Stew and Garden Herb Biscuits	Pulled Pork Barbecue Wrap and Apple Slices	Leftover Roasted Herb Drumsticks and Raw Veggies with Ranch Dip	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar	Avocado Egg Salad on Sweet Brown Bread and Fresh Fruit	Carrot & Cheddar Salad Sandwiches and Fresh Fruit
Breakfast	Pineapple Coconut Muffins and Eggs Over Easy	Leftover Pineapple Coconut Muffins and Vanilla Yogurt	Huevos a la Mexicana and Brown Bread Toast w/Butter	Homemade Granola w/Berries and Almond Milk	Leftover Blueberry Pancakes , Fruit Salad and Boiled Eggs	Bacon, Egg and Cheese Almond Flour Biscuit Sandwiches	Leftover Almond Flour Biscuits w/Butter, Eggs Over Easy and Green Smoothie
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Save extra muffins for breakfast • Bake bread • Save extra lentil stew for lunch 	<ul style="list-style-type: none"> • Save 1 1/2 cups of pulled pork w/o BBQ sauce for Sat. • Save extra coleslaw for Tues dinner 	<ul style="list-style-type: none"> • Make extra drumsticks and save for lunch tomorrow 	<ul style="list-style-type: none"> • Make extra batch of pancakes and save for breakfast • Save extra bacon for Fri 	<ul style="list-style-type: none"> • Boil extra eggs for making egg salad 	<ul style="list-style-type: none"> • Make extra biscuits and save for tomorrow • Make meal plan and go to market 	<ul style="list-style-type: none"> • Prep day - prep for next week's meal plan

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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 ...

- **Soak the lentils** (*drain and place in fridge*). By the way, you can always soak an entire bag of lentils. Then just measure out what you need for the Lentil Stew recipe. You can either freeze the remaining soaked lentils, or cook and freeze them.
- **Pre-chop and slice the veggies for the following meals** (*depending on the time you have available*). Be sure to place the veggies in their own individual airtight containers per meal and store in fridge.
 - Rinse, dry and cut kale for both the Lentil Stew and the Shrimp, Kale & Wild Rice Bowls.
 - Lentil Stew: Peel and cube sweet potatoes.
 - Apple-Carrot Coleslaw: Shred the cabbage and julienne the carrots. Also make the Poppy Dressing for the coleslaw.
- **Prepare salad fixings and dressings**. 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. And if you make your own salad dressings, prepare those as well.
- **Homemade Chicken Stock** – If you have leftover chicken bones, you can make [homemade stock in your crockpot](#). Or if you have time to keep an eye on a stockpot, then make homemade [stovetop chicken stock](#). It doesn't take long to cut the chicken and veg-



Prep Day TIPS continued

gies and toss them in to cook. Once you've made the stock, freeze it in 2-cup-size containers. Then, congratulate yourself for making a truly nourishing real food essential!

Other prep ahead ideas:

- Make any condiments that you would like (*and have time*) to make yourself, such as homemade [barbecue sauce](#), [enchilada sauce](#) and [mayonnaise](#).

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 make 2-3 loaves and slice and freeze them.

- If you're using homemade breadcrumbs for the Homemade Fish Sticks, make a huge batch of those too and store 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 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