

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 May weeks 1-2 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Cast Iron Steaks with Herb Butter</u> with <u>Slow Cooker Baked Potatoes</u> and Steamed Broccoli</p> <p>Make extra steak for Monday's dinner</p>	 <p><u>Steak Cobb Salad</u> and <u>Almond Flour Biscuits</u> with <u>Strawberry Chia Jam</u></p> <p>Make extra biscuits for Wed's dinner</p>	 <p><u>Pan Seared Balsamic Chicken with Pesto Zoodles</u> Garden Salad (or use GF pasta)</p> <p>Make extra chicken for Wed's dinner</p>	 <p><u>Strawberry Cobb Salad</u> with leftover <u>Balsamic Chicken</u> and leftover <u>Biscuits</u> with <u>Strawberry Chia Jam</u></p>	 <p><u>One-Skillet Asian Style Lettuce Wraps</u> (with diced avocado and mandarin orange slices)</p> <p>Make extra chicken for Sat's dinner</p>	 <p><u>Lemon-Herb Baked Fish</u> topped with <u>Strawberry Salsa</u> and <u>Cauli Rice</u> or Basmati Rice</p> <p>Make extra rice for Sat's dinner</p>	 <p><u>Asian Style Chicken Bowls</u> <i>Grill veggies of your choice and serve with leftover Asian Chicken and leftover <u>Cauli Rice</u> or Basmati Rice</i></p>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Slow Cooker Rotisserie Chicken</u> with Baby Potatoes &amp; Carrots (add Green Beans last 45 minutes of cooktime)</p> <p>Shred leftover chicken for Mon &amp; Wed; make bone broth</p>	 <p><u>Chicken Pho Bowl</u> with Bean Sprouts, Thai Basil, Lime Wedges</p>	 <p><u>Pancake &amp; Sausage Muffins</u> Scrambled Eggs Fresh Berries</p> <p>Make extra pancake muffins for a quick breakfast</p>	 <p><u>Stuffed Sweet Potatoes</u> (use leftover roast chicken instead) with <u>BLT Salad</u> with cucumbers, tomato and avocado <u>Healthy Ranch Dressing</u></p>	 <p><u>Easy Beef &amp; Broccoli Bowls</u> with <u>Cauli Rice</u> or Basmati Rice</p> <p>Make extra rice for Friday and extra beef for Saturday</p>	 <p><u>Lemon-Garlic Pan Seared Salmon and Asparagus</u> with leftover <u>Cauli Rice</u> or Basmati Rice</p>	 <p><u>Veggie Stir Fry</u> add leftover beef at end of cook time (sub with precooked GF noodles, if desired)</p>
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
<b>GF Breakfast Ideas:</b> <ul style="list-style-type: none"> <li><u>Lemon Poppy Seed Muffins</u> with boiled eggs and fruit</li> <li><u>Simple Hash Browns</u> with Eggs Over Easy</li> <li><u>Fruit &amp; Yogurt Parfait</u> with boiled eggs</li> </ul>				<b>GF Lunch Ideas:</b> <ul style="list-style-type: none"> <li><u>Carrot-Cheddar Sandwich</u> with pineapple slices</li> <li><u>Pineapple Chicken Salad</u> on a bed of mesclun greens</li> <li><u>Turkey BLT Roll-Ups</u> with sliced fruit</li> </ul>		

# the nourishing home may weeks 1-2 GF whole food meal plan

Welcome to The Nourishing Home's new bi-monthly meal plans! The following **Whole Food GF Meal Plans, Shopping Lists** and **Prep Day Tasks** feature healthy gluten-free recipes. Enjoy! With blessings and gratitude, Kelly

*P.S. The numbers next to each ingredient let you know which dinners on the meal plan require these ingredients that way you can easily customize your shopping list based on the meals you plan to make. (1=Sunday, 2=Monday, 3=Tuesday, 4=Wednesday, etc.)*

## Shopping List for May: Week 1

### Meat, Poultry & Fish

- \_\_\_ NY Strip Steaks, 2lbs (#1)  
plus 1 lb for steak salad (#2)
- \_\_\_ Boneless skinless chicken breasts,  
1.25 lbs (#3), plus 1 lb (#4)
- \_\_\_ Ground dark meat turkey  
(or chicken) 2 lbs (#5) 2 lbs (#7)
- \_\_\_ Nitrate-free bacon, 1 lb (#4)
- \_\_\_ White fish, 4 fillets (#6)
- \_\_\_ Chicken stock, 1 cup (#6, 7)

### Fresh Produce & Cold Case

- \_\_\_ Eggs (#2)
- \_\_\_ Crumbled feta (optional #2)
- \_\_\_ Avocado, 5 (#3, 4, 5)
- \_\_\_ Baking potatoes, 1/person (#1)
- \_\_\_ Bibb (or Butter) lettuce (#5)
- \_\_\_ Broccoli, 1 large head (#1)
- \_\_\_ Carrot, 2 (#5)
- \_\_\_ Cauliflower, 2 (#6, 7)
- \_\_\_ Cherry tomatoes, 10oz (#2, 3)
- \_\_\_ Cucumber, 1 (#3)
- \_\_\_ Fresh basil, 1 large bunch (#3)

- \_\_\_ Fresh cilantro, 1 small bunch (#6)
- \_\_\_ Fresh garlic, 2 heads (#1, 2, 3, 5)
- \_\_\_ Fresh ginger, 1-inch piece (#5)
- \_\_\_ Fresh parsley, 1 small bunch (#6)
- \_\_\_ Fresh thyme, 1 small bunch (#1)
- \_\_\_ Green beans, fresh or frozen (#2)
- \_\_\_ Green onions, 1 bunch (#5, 6)
- \_\_\_ Jalapeño pepper, 1 (#6)
- \_\_\_ Lemon, 3 (#3, 6)
- \_\_\_ Limes, 2 (#6, 7)
- \_\_\_ Mango, 1 (#6)
- \_\_\_ Mixed salad greens (#4)
- \_\_\_ Red onion (#6)
- \_\_\_ Red pepper, 1 (#5)
- \_\_\_ Romaine, 2 large heads (#2, 3)
- \_\_\_ Strawberries, 2 lbs (#4, 6)
- \_\_\_ Sweet onion, 2 (#5, 6, 7)
- \_\_\_ Zucchini, 4-5 for zoodles (#3)
- \_\_\_ Veggies of your choice to grill (#7)

### Pantry Items

- \_\_\_ Arrowroot (optional #5)
- \_\_\_ Balsamic vinegar (#2, 3, 4)

- \_\_\_ Basmati rice (*if not cauli-rice*)
- \_\_\_ Cashew pieces, optional (#5)
- \_\_\_ Coconut aminos (#1, 5)
- \_\_\_ Dijon mustard (#2)
- \_\_\_ Mandarin orange slices (#5)
- \_\_\_ Rice vinegar (#5)
- \_\_\_ Toasted sesame oil (#5)
- \_\_\_ Tomato paste (#5)
- \_\_\_ Walnut pieces (#3)

### Dry Herbs & Spices

- \_\_\_ Basil (#2, 4)
- \_\_\_ Garlic powder (#3, 6, 7)
- \_\_\_ Italian seasoning (#3)
- \_\_\_ Onion powder (#3)
- \_\_\_ Oregano (#4)
- \_\_\_ Parsley (#6, 7)
- \_\_\_ Red pepper flakes (#5)
- \_\_\_ Thyme (#4)

*If making Almond Flour Biscuits, you'll need: blanched almond flour, honey, coconut milk and apple cider vinegar.*

## Shopping List for May: Week 2

### Meat, Poultry & Fish

- \_\_\_ Whole chicken, 5-6 lbs (#1)
- \_\_\_ Maple chicken sausage links (#3)
- \_\_\_ Nitrate-free bacon, 1 lb (#4)
- \_\_\_ Flank steak, 1.5 lbs (#5),  
plus 1 lb (#7)
- \_\_\_ Wild caught salmon fillets (#6)
- \_\_\_ Chicken stock, 7 cups (#2, 5)

### Fresh Produce & Cold Case

- \_\_\_ Eggs (#3)
- \_\_\_ Crumbled feta, optional (#2, 4)
- \_\_\_ Plain yogurt (for ranch dressing)
- \_\_\_ Asparagus, 1 bunch (#6)
- \_\_\_ Avocado, 1 (#4)
- \_\_\_ Baby potatoes, 2 lbs (#1)
- \_\_\_ Baby spinach, 2 cups (#4)
- \_\_\_ Bean sprouts (#2)
- \_\_\_ Bok choy, 2 small heads (#7)
- \_\_\_ Broccoli florets, 10 cups (#4, 5, 7)
- \_\_\_ Carrots, 8 (#1, 2, 7)

- \_\_\_ Cauliflower, 2 heads (#)
- \_\_\_ Cherry tomatoes, 6oz (#4)
- \_\_\_ Cremini mushrooms, 6oz (#7)
- \_\_\_ Fresh cilantro, 1 bunch (#2)
- \_\_\_ Fresh garlic, 2 heads (#1, 2, 7)
- \_\_\_ Fresh ginger, 3" piece (2, 5, 7)
- \_\_\_ Fresh parsley, 1 small bunch (#5)
- \_\_\_ Fresh Thai basil or reg. basil (#2)
- \_\_\_ Fresh thyme, 1 small bunch (#1)
- \_\_\_ Green onions, 2 bunch (#2, 4, 7)
- \_\_\_ Jalapeño, 1 (#2)
- \_\_\_ Lemons, 2 (#6)
- \_\_\_ Limes, 2 (#2)
- \_\_\_ Romaine, 1 large head (#4)
- \_\_\_ Snap peas (#7)
- \_\_\_ Strawberries, 1 pint (#3)
- \_\_\_ Sweet onion, 2 (#2, 5, 6)
- \_\_\_ Sweet potatoes, 1/person (#4)
- \_\_\_ Zucchini, 2 large (#2), plus  
4-5 for zoodles (#7)

### Pantry Items

- \_\_\_ Apple cider vinegar (#3)
- \_\_\_ Arrowroot (optional #5)
- \_\_\_ Basmati rice (*if not cauli-rice*)
- \_\_\_ Blanched almond flour (#3)
- \_\_\_ Coconut milk, 1 can (#3)
- \_\_\_ Coconut aminos (#2, 5, 7)
- \_\_\_ Fish sauce (#2)
- \_\_\_ Maple syrup (#3)
- \_\_\_ Toasted sesame oil (#5, 7)

### Dry Herbs & Spices

- \_\_\_ Dill weed (#4)
- \_\_\_ Garlic powder (#4, 5)
- \_\_\_ Onion powder (#1, 4)
- \_\_\_ Paprika (#1)
- \_\_\_ Parsley (#4, 5)
- \_\_\_ Red pepper flakes (#4, 5, 7)
- \_\_\_ Rosemary (#1)
- \_\_\_ Thyme (#1, 4)
- \_\_\_ Whole cloves (#2)
- \_\_\_ Vanilla extract (#3)

# the nourishing home prep ahead recommendations

## Why schedule a Prep Day? Investing Time Now = Less Time Later!

Scheduling a meal plan prep-session, 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 meals on the table during busy weeknights. [Click here](#) to see a prep day.

## 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
- Pre-brown ground beef & meats for stews
- Pre-chop fruits and veggies that hold up well once cut

## Some final words of wisdom ...

- If this is your first time prepping ahead, **start SLOW**. It always takes more time when you're learning the ropes. 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 watch them while you prep. If you're children are preschool age and older, consider how practical and rewarding it is to get your Kids in the Kitchen with you. [Click here](#) for tips.
- 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.

With blessings, *Kelly*

Now, let's get down to business! Here's what you can do to prep ahead for this bi-monthly meal plan ...

## Prep Tasks for May: Week 1



**Boil the eggs** for Steak Cobb Salad. Store in fridge up to a week. Make extra for a quick and easy breakfast!



**Make pesto** and [Spiralize Zoodles](#). Store zoodles in an airtight container with paper towel.



**Make the Strawberry Salsa** (if using within 4 days).

**Make Strawberry Chia Jam** to serve with the Almond Flour Biscuits, if desired.



**Make the sauce** for the Asian Style Chicken Wraps.

**Grate the cauliflower** for cauli-rice. Store in fridge for 4-5 days.

**Pre-cut the veggies** for

- Asian Style Chicken Wraps
- Asian Chicken Bowls

Store in individual containers in fridge up to a week.



### Additional Prep Ideas:

- **Make Herb Butter** for Steak
- [Cook bacon](#) for the Strawberry Cobb Salad
- **Make the Salad Dressings and Pre-chop Salad Fixings.** Chop lettuce; store in airtight container with a paper towel to help keep the lettuce crisp. You can also pre-chop most salad fixings; store in airtight containers in fridge.

## Prep Tasks for May: Week 2



**Make bacon** for the Stuffed Sweet Potatoes and BLT Salad. I like to [oven-bake bacon](#) to save time and clean up.



[Spiralize Zoodles](#) for the

- Pho Bowl and
- Veggie Stir Fry

Store zoodles in an airtight container with paper towel.



**Pre-cut the veggies** for

- Rotisserie Chicken
- Stuffed Sweet Potato
- Beef & Broccoli Bowls
- Veggie Stir Fry

Store in individual containers.

**Grate the cauliflower** for cauli-rice. Store in fridge for 4-5 days.



### Additional Prep Ideas:

**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.