

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 3-4 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#"><u>BBQ Spice Chicken</u></a> with <a href="#"><u>Roasted Potatoes &amp; Carrots</u></a> and Spinach Salad	<a href="#"><u>Slow Cooker Apple Cider Pulled Pork</u></a> with <a href="#"><u>Apple-Carrot Coleslaw</u></a> and Mashed Sweet Potatoes	<a href="#"><u>Southwestern Chicken Burgers</u></a> with leftover coleslaw and <a href="#"><u>Roasted Sweet Potato Bites</u></a>	<a href="#"><u>Chicken Verde Lettuce Wraps</u></a> with <a href="#"><u>Cilantro Rice</u></a> or <a href="#"><u>Seasoned Cauli-Rice</u></a>	Use leftover <a href="#"><u>Pulled Pork</u></a> and rice to create <a href="#"><u>Pulled Pork Mango Bowls</u></a> (just add diced mango, red pepper, red onion, cilantro diced avocado)	Leftover <a href="#"><u>Burger Salad</u></a> with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado (also toss in leftover <a href="#"><u>Roasted Sweet Potato Bites</u></a> )	Leftover Chicken Verde served over <a href="#"><u>Spaghetti Squash Pasta</u></a> Garden Salad <a href="#"><u>Italian Dressing</u></a>
	Save extra coleslaw for Tues; save extra pork for Thurs	Make extra burgers for Fri; make extra sweet potato bites for Fri	Make extra chicken and save for Saturday			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<i>Breakfast for dinner!</i> <a href="#"><u>Fluffy Little Almond Flour Pancakes</u></a> with Fresh Berries and <a href="#"><u>Turkey Veggie Sausage</u></a>	<a href="#"><u>Grilled Shrimp Kebobs</u></a> with Pineapple Salsa <a href="#"><u>Cinnamon Dusted Plantains</u></a>	<a href="#"><u>Grilled Shrimp Taco Salad</u></a> (use leftover grilled shrimp to save time) with Avocado Chimmichuri Dressing	<a href="#"><u>Teriyaki Beef Skewers</u></a> (replace dates with 1 Tbsp honey to save time!) with <a href="#"><u>Cilantro Rice</u></a> or <a href="#"><u>Cauli-Rice</u></a>	<a href="#"><u>Skillet Chicken Fajitas</u></a> with leftover <a href="#"><u>Cilantro Rice</u></a> or <a href="#"><u>Cauli-Rice</u></a>	<a href="#"><u>Teriyaki Beef Bowls</u></a> Grill veggies of your choice and layer leftover Teriyaki Beef over the veggies and leftover rice or cauli-rice	<a href="#"><u>Slow Cooker Baked Potato Buffet</u></a> (top potatoes with leftover <a href="#"><u>Chicken Fajitas</u></a> ) Garden Salad
Save extra sausage patties for breakfast	Make extra grilled shrimp and save for Tues' dinner		Make triple batch of rice of your choice for Thurs' and Fri's dinners	Make extra chicken fajitas and save as topping for Sat's dinner		Make extra baked potatoes and save for lunch
Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas						
<b>GF Breakfast Ideas:</b> <ul style="list-style-type: none"> <li><a href="#"><u>Egg &amp; Sausage Biscuits</u></a> with sliced fruit</li> <li><a href="#"><u>Blueberry Scones</u></a> with scrambled eggs</li> <li><a href="#"><u>Strawberry Kiwi Acai Bowls</u></a> with boiled eggs</li> </ul>				<b>GF Lunch Ideas:</b> <ul style="list-style-type: none"> <li><a href="#"><u>Spring Cleaning Detox Salad</u></a></li> <li><a href="#"><u>Apple-Apricot Chicken Salad</u></a> with fresh veggies</li> <li>Leftover <a href="#"><u>Slow Cooker Baked Potato</u></a> with salad</li> </ul>		

# the nourishing home may weeks 3-4 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 3

### Meat, Poultry & Fish

- \_\_\_ Chicken drumsticks, 12 (#1)
- \_\_\_ Boneless pork butt, 5 lbs (#2, 5)
- \_\_\_ Uncured bacon, 1 lb (#6)
- \_\_\_ Ground chicken (dark meat), 2 lbs (#3, 6)
- \_\_\_ Boneless, skinless chicken thighs, 3.5 lbs (#4, 7)
- \_\_\_ Chicken stock, .5 cups (#4)

### Fresh Produce & Cold Case

- \_\_\_ Apples, 2 (#2)
- \_\_\_ Avocado, 2 (#6)
- \_\_\_ Baby spinach (for salad #1)
- \_\_\_ Cabbage, 2 small heads (#2)
- \_\_\_ Carrots, 5 (#1, 2)
- \_\_\_ Cauliflower, 1 head (#4)
- \_\_\_ Cremini mushrooms, 8oz (#3)
- \_\_\_ Fresh cilantro, 1 bunch (#3)
- \_\_\_ Fresh garlic, 1 head (#5, 7)
- \_\_\_ Fresh ginger, small piece (#5)
- \_\_\_ Fresh parsley, 1 bunch (#2, 4, 7)

- \_\_\_ Mango, 2 (#5)
- \_\_\_ Plum tomatoes, 2 (#6)
- \_\_\_ Poblano peppers, 2 (#6)
- \_\_\_ Red bell peppers, 4 (#3, 4, 5)
- \_\_\_ Red onions, 2 (#2, 5, 6)
- \_\_\_ Romaine lettuce, 2 large (#5, 6)
- \_\_\_ Spaghetti squash (7)
- \_\_\_ Sweet onion, 1 (#2)
- \_\_\_ Sweet potatoes, 8-10 med (#2, 3)
- \_\_\_ Yellow bell pepper, 1 (#4)
- \_\_\_ Yellow onions, 2 (#3, 4)
- \_\_\_ Yukon gold potatoes (or baby red), 2 lbs (#1)

### Pantry Items

- \_\_\_ Apple cider vinegar (#2, 5, 6)
- \_\_\_ Balsamic vinegar (#7)
- \_\_\_ Dijon mustard (#6, 7)
- \_\_\_ Hot sauce (#5)
- \_\_\_ Mayo (#2, 5)
- \_\_\_ Salsa Verde (I use Trader Joe's)

- \_\_\_ Unsweetened, unfiltered apple juice (#2)

### Dry Herbs & Spices

- \_\_\_ Basil
- \_\_\_ Cayenne pepper
- \_\_\_ Chili powder
- \_\_\_ Cumin
- \_\_\_ Garlic powder
- \_\_\_ Ground ginger
- \_\_\_ Oregano
- \_\_\_ Paprika
- \_\_\_ Parsley
- \_\_\_ Onion powder
- \_\_\_ Rosemary
- \_\_\_ Thyme
- \_\_\_ Smoked paprika

## Shopping List for May: Week 4

### Meat, Poultry & Fish

- \_\_\_ Ground turkey, 1.25 lbs (#1)
- \_\_\_ Uncooked raw jumbo shrimp (about 40) #2, 3
- \_\_\_ Flank steak, 2 lbs (#4, 6)
- \_\_\_ Chicken stock, .5 cup (#4)
- \_\_\_ Boneless skinless chicken breasts, 1.75 lbs (#5, 7)

### Fresh Produce & Cold Case

- \_\_\_ Pastured eggs, 1 dozen (#1)
- \_\_\_ Avocados, 4 (#3, 7)
- \_\_\_ Carrots, 2 (#3)
- \_\_\_ Cauliflower, 2 heads (#4, 5)
- \_\_\_ Fresh cilantro, 1 bunch (#2, 3)
- \_\_\_ Fresh garlic, 2 heads (#2, 3, 4)
- \_\_\_ Fresh ginger, small piece (#4)
- \_\_\_ Fresh parsley, 1 bunch (#4)
- \_\_\_ Fresh pineapple, 1 1/2 cups
- \_\_\_ Green bell peppers, 2 (#5, 7)
- \_\_\_ Jalapeño, 1 (#2)
- \_\_\_ Jicama (#4)

- \_\_\_ Limes, 3 (#2, 3)
- \_\_\_ Mixed greens (#3)
- \_\_\_ Plantains, 2 (#2)
- \_\_\_ Plum tomatoes, 8 (#2, 3)
- \_\_\_ Poblano chili, 2 (#3)
- \_\_\_ Radishes, 4 (#4)
- \_\_\_ Red bell peppers, 4 (#2, 5, 7)
- \_\_\_ Red cabbage, shredded (#3)
- \_\_\_ Red onion, 2 (#2, 3)
- \_\_\_ Russet potatoes, 1 per person (#7)
- \_\_\_ Scallions, 1 bunch (#4, 7)
- \_\_\_ Strawberries and blueberries, #1
- \_\_\_ Veggies of your choice for grilling (#6)
- \_\_\_ Yellow onion, 2 (#4, 5, 7)
- \_\_\_ Zucchini, 2 (#2)

### Pantry Items

- \_\_\_ Arrowroot (or tapioca flour) #4
- \_\_\_ Black beans, 1 can (#3)
- \_\_\_ Blanched almond flour (#1)

- \_\_\_ Coconut aminos (#4)
- \_\_\_ Coconut milk, canned (#1)
- \_\_\_ Maple syrup (#3)
- \_\_\_ Rice vinegar (#4)
- \_\_\_ Vanilla extract (#1)

### Dry Herbs & Spices

- \_\_\_ Cayenne pepper
- \_\_\_ Celery salt
- \_\_\_ Chili powder
- \_\_\_ Cumin
- \_\_\_ Garlic powder
- \_\_\_ Ground cinnamon
- \_\_\_ Ground sage
- \_\_\_ Onion powder
- \_\_\_ Oregano
- \_\_\_ Paprika
- \_\_\_ Parsley
- \_\_\_ Thyme
- \_\_\_ Sesame seeds (optional)

# 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 3



**Make Veggie Quiche** up to two days in advance. Re-heat in 225°F preheated oven until warmed thru.



**Make Chicken Burger** patties, but don't cook. Wrap raw burgers and place in freezer. Thaw overnight in fridge when ready to grill.



**Roast Spaghetti Squash** and remove strands. Store in airtight container in fridge up to 4 days



**Make the Salad Dressings and Pre-chop Salad Fixings** for the Ahola Pulled Pork Salad and Burger Salad. Chop lettuce; store in airtight container with a paper towel to help keep the lettuce crisp. You can also pre-chop most salad fixings that stay crisp when cut; store in airtight containers in fridge.



### Additional Prep Ideas:

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

### Pre-cut the veggies for

- Apple Carrot Coleslaw
  - Chicken Verde
- Store in individual containers in fridge up to a week.

## Prep Tasks for May: Week 4



**Make Pineapple Salsa** up to 2-3 days in advance. Store in airtight container in fridge.



**Make Turkey Breakfast Patties.** Go ahead & fully cook. Then place in fridge or freezer until ready to reheat.



**Pre-cut the veggies for**

- Grilled Shrimp Skewers
- Shrimp Taco Salad
- Chicken & Veggie Fajitas

Store in individual containers in fridge up to a week.



### Additional Prep Ideas:

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

**Make Emeril's Seasoning Mix** for Grilled Shrimp Skewers.

**Make the Salad Dressings and Pre-chop Salad Fixings.** Store in airtight containers in fridge.