the nourishing home Nov 20-Dec 3 whole food meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Slow Cooker Italian Roast Spinach Salad with Avocado Green Goddess Dressing	Easy One Skillet Chicken & Veggie Stir Fry with Zoodles (or GF Pasta)	Creamy Pumpkin Soup with Baked Potatoes and Garden Salad with Avocado Green Goddess Dressing	Sausage & Kale Breakfast Casserole with Honey-Lime Fruit Salad	Simple & Delicious Gluten-Free Thanksgiving Day Menu with free prep-ahead download!	Thanksgiving Day Leftovers (enjoy more time with family and less time in the kitchen!)	Cobb Salad (use leftover Roast Turkey) with leftover Creamy Pumpkin Soup
	If using pasta, cook it al dente before adding to the stir fry	Make extra soup and save for Saturday	Save leftovers for an easy Thanksgiving breakfast	Roast a big bird so you can freeze leftover meat for easy future meals		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Savory Sausage & White Bean Soup Garden Salad with Avocado, Cucumber and Tomatoes	Slow Cooker Garlic Thyme Chicken Mashed Potatoes and Garden Salad	Southwestern Chicken Burgers with Roasted Sweet Potato Bites	Coconut Flour Banana Buddies Pancakes Scrambled Eggs Bacon Fresh Fruit	Leftover Savory Sausage & White Bean Soup with Baked Potatoes	Simple Turkey Pot Pie with Mesclun Salad with Avocado and Cucumber	Leftover Burger Salad with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado Honey-Mustard Dressing
Sausage & White Bean Soup Garden Salad with Avocado, Cucumber and	Garlic Thyme Chicken Mashed Potatoes and	Chicken Burgers with Roasted Sweet	Banana Buddies Pancakes Scrambled Eggs Bacon	Savory Sausage & White Bean Soup with Baked	Pot Pie with Mesclun Salad with Avocado	Burger Salad with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado Honey-Mustard

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- Denver Omelete Cups top with avocado slices
- Grain-Free Granola with boiled eggs
- Raspberry Acai Bowls with boiled eggs
- Simple Hash Browns with Eggs Over Easy

GF Lunch Ideas:

- Egg Roll in a Bowl
- <u>Healthy Greens Wrap</u> with sliced fruit
- Turkey BLT Roll-Ups with sliced fruit
- Pineapple Chicken Salad on a bed of mesclun greens