

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 Nov 20-Dec 3 whole food meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
	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
						
Make extra soup and save for Thursday		Make extra burgers and save for Saturday	Make extra pancakes and save for breakfast		A delicious way to use leftover roasted turkey	

## 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](#)
- [Healthy Greens Wrap](#) with sliced fruit
- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Pineapple Chicken Salad](#) on a bed of mesclun greens