

Each dinner recipe is provided within this pdf. All [underlined text](#) in this document are links you can click on to get the other recipes.

The Nourishing Home Gluten-Free meal plan week 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Chicken Noodle Soup, Mixed Greens Salad and GF Garden Herb Biscuits	Grilled Steak & Veggie Fajitas w/ Baja Style Rice	Crockpot Turkey-Veggie Chili, Garden Salad and GF Cornbread	Breakfast 4 Dinner Breakfast Tostada w/Leftover Fajita Fixings and Baja Style Rice	Chicken Pot Pie and Mesclun Salad	Oven Baked Fish Fillets, Baked Sweet Potatoes and Steamed Asparagus	Leftover Turkey-Veggie Chili w/Rice and GF Cornbread
Lunch	Turkey & Swiss Reubens with Sauerkraut on Sweet Brown Bread	Leftover Chicken Noodle Soup, Salad and Biscuits	Leftover Enchiladas with Guacamole and Raw Veggies w/ Ranch Dip	Avocado Egg Salad on Sweet Brown Bread and Fresh Fruit	Nut Butter, Honey & Banana Wrap and Fresh Fruit	Carrot & Cheddar Salad on Sweet Brown Bread and Fresh Fruit	Tuna Salad on bed of Mesclun Greens and Fruit & Nut Bar
Breakfast	Fluffy Little Almond Flour Pancakes with Eggs and Fresh Fruit	Nut Butter & Jam Pancake Sandwiches and Fruit Smoothie	Yogurt Banana Splits and Boiled Eggs	Cinnamony Apple Pie Muffins and Eggs Over Easy	Leftover Cinnamony Apple Pie Muffins and Scrambled Eggs	Egg & Cheese Biscuit and Fruit Smoothie	Soaked Oatmeal Breakfast with Berries and Boiled Eggs
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> • Bake bread • Soak beans – black, white and pinto • Make extra pancakes for tomorrow 	<ul style="list-style-type: none"> • Slowcook beans, save for Tues; freeze rest • Grill extra fajita fixings and save w/rice for Wed dinner 	<ul style="list-style-type: none"> • Boil extra eggs to make egg salad tomorrow • Save leftover chili and cornbread for Sat dinner 	<ul style="list-style-type: none"> • Save leftover muffins for breakfast • Thaw home-made stock and shredded chix in fridge For Thurs 	<ul style="list-style-type: none"> • Save extra biscuits for breakfast • Defrost fish fillets in fridge overnight 	<ul style="list-style-type: none"> • Soak oats overnight for tomorrow's breakfast 	<ul style="list-style-type: none"> • Prep for next week's meal plan

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Sunday Chicken Noodle soup

Recipe courtesy of
the nourishing home



Ingredients

- 6 cups of [homemade chicken stock](#)
- 2 cups of shredded cooked organic chicken (or turkey)
- 2 tbsp olive oil
- 2 stalks organic celery, chopped
- 2 carrots, chopped
- 1 leek, finely sliced (white and pale green parts only)
- 2 bay leaves
- 1/4 tsp dried thyme
- 2 tbsp fresh organic parsley, finely chopped
- 2-3 cups of uncooked GF egg noodles (see recipe note)
- Sea salt and pepper to taste

Directions

1. In a stockpot over medium heat, add olive oil, celery, carrots and leek.
2. Sauté until veggies start to soften.
3. Add stock, bay leaves and thyme. Bring to a boil, then reduce to a simmer. Allow to simmer about 5 minutes.
4. Then add shredded chicken and noodles. Turn up heat a bit to bring soup to a gentle boil and cook until noodles reach desired consistency.
5. Turn off heat and remove bay leaves. Add fresh parsley and salt and pepper to taste. Enjoy!

Serve

Serve with a fresh garden salad and my scrumptious grain-free [Garden Herb Biscuits](#). Enjoy!

Cooking Tip

A [homemade nutrient-rich stock](#) is a must-have real food staple. You can store homemade stock in the freezer for several months, so why not make a double-batch! Just borrow a friend's stockpot so you can have two pots going at the same time. Now that's efficient!

Recipe Note

If you're gluten-free, you can replace the GF egg noodles with cooked wild, brown or whiterice. If you're grain-free, simply omit these options altogether.

Monday

grilled steak & veggie Fajitas

Recipe courtesy of
the nourishing home



Ingredients

- 1 lb. grassfed skirt steak (an economical cut of beef)
- 1 medium yellow onion, cut into thick slices
- 2 organic red peppers, quartered & seeded
- [Homemade GF tortillas](#)

Steak Marinade

- 1/4 cup olive oil
- 1/4 cup of freshly-squeezed lime juice (approx. 2 limes)
- 2 cloves garlic, finely minced
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tsp [Homemade Emeril Essence Seasoning](#)

Veggie Marinade

- 3 tbsp olive oil
- 1/2 tsp [Homemade Emeril Essence Seasoning](#)
- 1/4 tsp sea salt

Directions

1. In a baking dish (or gallon-size ziplock bag). Add the steak marinade ingredients; combine well. Cut the skirt steak into two pieces and place in marinade, making sure both sides are well coated. Marinate steak for at least 30 minutes at room temperature, or overnight in the fridge.
2. When ready to grill, preheat half of the grill to high heat, with the other half devoted to medium-low heat.
3. Whisk together the veggie marinade in a small bowl. Cut veggies into large pieces; brush well with marinade. Place veggies on the low-heat side of the grill, turn every few minutes until slightly charred and just tender.
4. As veggies are finishing, remove the steaks from their marinade, making sure to shake off excess marinade. Place steaks on the grill (over high heat). Remove veggies from grill; cover with foil and set aside.
5. Grill steak over high heat for 2-3 minutes on each side for medium/medium rare depending on the size and thickness. Remove steaks from grill; cover with foil, and allow to rest for 3-5 minutes.
6. While meat is resting, warm tortillas on grill over low heat for about a minute per side. Remove from grill; cover and set aside.
7. Thinly slice skirt steak against the grain. Add sliced steak to your warmed tortilla and top with grilled onions and peppers. Top with diced avocado, pico de gallo and fresh chopped cilantro. Fantastic!

Recipe Note

The key to juicy, tender meat is to bring it to room temperature prior to cooking. So be sure to take the marinated steak out of the fridge about 30-45 minutes prior to grilling.

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Tuesday (save leftovers for Saturday)

Turkey Veggie Chili



Ingredients

- 4 cups of cooked soaked beans (see recipe note)
- 28oz organic crushed tomatoes (include liquid)
- 15oz organic diced tomatoes (include liquid)
- 8oz organic tomato sauce
- 1 cup diced yellow onion
- 1 medium yellow or red bell pepper, diced
- 2 large carrots, diced
- 2 cloves garlic, minced
- 2-3 tbsp chili powder (depending on how spicy you like it)
- 1 tbsp of all-purpose herb seasoning
- 1/2 tbsp sea salt
- 2 cups precooked organic ground turkey (or beef)
- 1 cup shredded havarti (or farmers) cheese

Recipe courtesy of

the nourishing home

Directions

1. In a crockpot, add all of the chili ingredients, except for the meat and cheese. Mix thoroughly, until well combined.
2. Cook on low 8-9 hours.
3. Add the precooked ground meat during the last 30 minutes of cook time.
4. Just before serving, stir in cheese, if desired.
5. Re-season with chili powder, herb seasoning and salt to taste.

Serve

Serve over basmati or brown rice with a side of homemade organic GF cornbread. Enjoy!

Recipe Note

I use a mix of black, white & pinto beans. If you don't have cooked, soaked beans on hand, simply substitute with three 15oz cans of beans, drained.

Economical Tip

Soak and cook a variety of dry beans in your crockpot and then freeze them to have ready for quick-n-easy meals. Dry beans are far more economical than their precooked canned counterparts and they're healthier too!

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Wednesday Easy Breakfast Tostada

Recipe courtesy of
the nourishing home



Ingredients

- 1 gluten-free corn or [grain-free tortilla](#) per person
- 2 eggs per person you're serving
- Leftover fajita fixings, taco meat, refried beans or a combo
- Cultured sour cream
- Pico de gallo (or salsa)
- Diced avocado (or guacamole)
- Shredded cheese
- Finely chopped fresh cilantro

Directions

1. Place tortillas in 250-degree oven to allow them to slowly crisp-up (about 5-8 minutes).
2. Heat a large skillet over medium heat. In a large bowl, whisk eggs with just a bit of water or milk, until foamy.
3. Add some butter or olive oil to the hot pan and then carefully pour in the eggs. Using a whisk (or wooden spoon), gently stir eggs until curds form. Switch to a spatula to turn over eggs until cooked, but not dry. Transfer to a large bowl and cover.
4. Place the scrambled eggs, tortillas and all of the remaining ingredients out on the counter to form a build-your-own Breakfast Tostada Buffet.
5. Then, hand everyone a plate and take turns creating your own delicious tostada – definitely a fun and healthy way to start (or end) the day!

Recipe Note

Breakfast Tostadas are especially quick-n-easy to assemble when you use leftovers from your favorite home-cooked Mexican-themed dinner. That's why whenever I schedule tacos or fajitas on my [Weekly Meal Plan](#), I also make sure there are some leftovers for making these fast and fun breakfast tostadas (or for having "breakfast for dinner"). Then, it's as simple as toasting the tortillas, scrambling up some eggs, and pulling out a few leftovers to create an awesome build-your-own Breakfast Tostada Buffet. Who says repurposing leftovers isn't FUN?

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Thursday

Simple Chicken Pot Pie

Recipe courtesy of
the nourishing home



Ingredients

- 1 batch of [Homemade GF Biscuits](#)
- 3 tbsp butter, plus 2 tbsp olive oil
- 2 cups carrots, chopped (about 5-6 small carrots)
- 2 cups organic potatoes, cut into bite-sized pieces (about 3 medium potatoes)
- 1 1/2 cups organic celery, chopped (about 3-4 stalks)
- 1 cup yellow onion, chopped
- 2 1/2 cups homemade chicken stock
- 1 1/2 tsp fresh organic sage, finely chopped
- 1 1/2 tsp fresh organic thyme (leaves only)
- 1 tbsp coarse sea salt
- 1/2 tsp freshly ground black pepper
- 1 cup plain milk of your choice
- 1 cup frozen peas
- 3 cups precooked, shredded chicken (white & dark meat)

Directions

1. Make a batch of [Homemade GF Biscuits](#); set aside.
2. Heat a very large sauté pan over medium-high heat. Add butter and olive oil to the pan, along with the carrots, potatoes, celery and onion. Sauté veggies for about 3-4 minutes, until onion becomes soft and translucent.
3. Then add chicken stock and seasonings. Cover and simmer for about 8-10 minutes, until veggies reach desired consistency. Then turn off the heat.
4. For a thicker, creamier sauce, add the milk and two ladle-fulls of the simmered veggies into your blender. Blend until completely puréed.
5. Return the purée back to the pan with the veggie mixture, add the frozen peas and the precooked, shredded chicken. Combine well. Turn the burner on medium and reheat, if necessary.
6. Place a ladle or two of the pot pie filling into a bowl for each person you're serving. Place a biscuit on top of each serving. Enjoy!

Time-Saving Tip

Having precooked chicken on hand for quick dinners is the perfect example of putting the [Cook Once, Eat Twice](#) strategy to work for you. I make double batches of chicken stock using whole chickens so I not only can freeze the stock, but the meat as well. Precooked, shredded chicken meat can easily be kept fresh by dividing the meat into 1- to-2 cup portions and placing it into the freezer. Then, you'll have a convenient supply of ready to go chicken on hand to create quick and healthy meals like this easy, delicious Chicken Pot Pie.

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Friday

Oven Baked Fish Fillets



Ingredients

- 1 pound of wild caught white fish (such as cod or dover sole)
- 2 tbsp plain organic kefir, buttermilk or DF milk
- 2 egg whites
- 1/8 tsp each of the following herbs/seasonings: paprika, garlic powder, dried parsley, Celtic sea salt and fresh ground pepper
- 1 cup [Homemade GF Breadcrumbs](#)
- Olive oil

Recipe courtesy of
the nourishing home

Directions

1. Preheat oven to 400 degrees. Lightly oil a baking sheet with olive oil and set aside.
2. In a wide shallow bowl or dish, whisk together kefir, egg whites and seasonings until slightly foamy. (Note: If you'd like to make fish sticks, cut fish into strips about 2-inches wide.)
3. Place fish fillets (or sticks) into the egg wash and be sure to turn them to ensure they are well coated with the egg wash. Allow fish to sit in the egg wash 1-2 minutes.
4. On a large plate, add one cup of GF breadcrumbs.
5. Remove fish from egg wash, one piece at a time, and dredge through the breadcrumbs, making sure to thoroughly coat each side.
6. Place fish on oiled baking sheet, sprinkle with a pinch of salt and bake approximately 12 minutes.

Serve

Serve with homemade tarter sauce. Just whisk together 1/2 cup organic mayo (or greek yogurt) with 1/4 cup organic ketchup, a dash of dried dill weed and a tablespoon of pickle relish.

Time-Saving Tip

Bake an extra batch of fish fillets or fish sticks and freeze them for a quick and easy future meal. **To Reheat Frozen Cooked Fish Fillets/Sticks:** Place frozen precooked fish fillets (or sticks) on baking sheet and bake in preheated oven at 350 degrees for about 10-15 minutes until warmed through.

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