

Meals in Minutes

August 2022



Idaho Nutrition

20 Minutes
Diabetes Friendly
Gluten Free
High Fiber
Plant Based
Fresh Start

Basil Avocado Shrimp Salad

BBQ Chicken Tacos w/ Red Cabbage

Black Bean Quinoa Buddha Bowl

Cabbage, Tofu, and Edamame Salad

Crispy Honey Garlic Cauliflower Bowls

Green Goddess Sandwich

One Pot Spinach, Chicken Sausage, Feta Pasta

Red Lentil Power Porridge

	20 Minutes	Diabetes Friendly	Gluten Free	High Fiber	Plant Based	Fresh Start
Basil Avocado Shrimp Salad	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
BBQ Chicken Tacos w/ Red Cabbage	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Black Bean Quinoa Buddha Bowl	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cabbage, Tofu, and Edamame Salad	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Crispy Honey Garlic Cauliflower Bowls	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Green Goddess Sandwich	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
One Pot Spinach, Chicken Sausage, Feta Pasta	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Red Lentil Power Porridge	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Diabetes Friendly: 30-45g carbs

High Fiber: >8g fiber

Plant Based: vegetarian/vegan

Fresh Start: 20g pro, 8g fiber, <500kcal

