

Meals in Minutes

August 2021



Ginger Chicken Stir-Fry w/Brown Rice & Veggies

308 calories, 37 g protein, 16 g carbs, 10 g fat, 3 g fiber



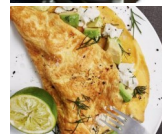
Quinoa Power Bowls

598 calories, 18 g protein, 70 g carbs, 24 g fat, 16 g fiber



Ground Turkey Skillet w/Veggies & Brown Rice

424 calories, 35 g protein, 57 g carbs, 6 g fat, 3 g fiber *use brown instead of white rice



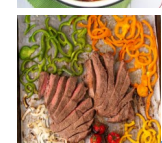
Super-Quick Weeknight Omelets

650 calories, 20 g protein, 5 g carbs, 60 g fat, 3g fiber *add your favorite chopped veggies



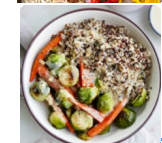
One Pot Mexican Quinoa

343 calories, 15 g protein, 50 g carbs, 15 g fat, 15 g fiber



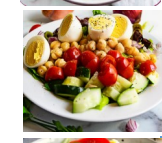
Easy Steak & Veggies

341 calories, 41 g protein, 10 g carbs, 14 g fat, 3 g fiber



Quinoa w/Veggies & Maple Ginger Tahini

400 calories, 13 g protein, 50 g carbs, 18 g fat, 11 g fiber *add chicken for extra protein



Vegetarian Chopped Salad w/Hard Boiled Eggs

490 calories, 21 g protein, 32 g carbs, 31 g fat, 7 g fiber



Mediterranean Chicken Salad

378 calories, 20 g protein, 13 g carbs, 26 g fat, 4 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Ginger Chicken Stir-Fry w/Brown Rice & Veggies			✓	✓		
Quinoa Power Bowls	✓		✓	✓	✓	✓
Ground Turkey Skillet w/Veggies & Brown Rice		✓		✓		
Super-Quick Weeknight Omelets			✓	✓	✓	
One Pot Mexican Quinoa	✓		✓	✓	✓	✓
Easy Steak & Veggies		✓	✓	✓	✓	
Quinoa w/Veggies & Maple Ginger Tahini	✓		✓	✓	✓	✓
Vegetarian Chopped Salad w/Hard Boiled Eggs		✓	✓	✓	✓	✓
Mediterranean Chicken Salad		✓	✓	✓	✓	

