

Meals in Minutes

April 2022

Spring Into Good Health!



Garlic Roasted Salmon, Potatoes, & Asparagus

522 calories, 35 g protein, 25 g carbs, 31 g fat, 4 g fiber



Veggie & Tofu Stir-Fry

297 calories, 22 g protein, 12 g carbs, 17 g fat, 5 g fiber



Southwest Turkey, Veggie & Rice

376 calories, 42 g protein, 33 g carbs, 9 g fat, 4 g fiber [Click here for a healthy microwaveable brown rice](#)



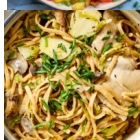
Easy Vegetarian Tacos

216 calories, 15 g protein, 33 g carbs, 9 g fat, 12 g fiber



Egg & Veggie Breakfast For Dinner

228 calories, 10 g protein, 19 g carbs, 10 g fat, 3 g fiber *Pair with whole grain toast!*



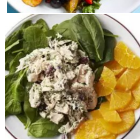
Creamy Chicken, Brussels Sprouts, & Mushroom Pasta

353 calories, 27 g protein, 41 g carbs, 10 g fat, 8 g fiber



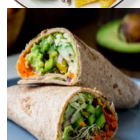
Sheet Pan Chicken Fajita Bowls

343 calories, 42 g protein, 23 g carbs, 10 g fat, 8 g fiber



Mediterranean Spinach & Tuna Salad

375 calories, 25 g protein, 26 g carbs, 21 g fat, 6 g fiber



Whole Wheat Veggie Wrap (10 min!)

345 calories, 12 g protein, 38 g carbs, 18 g fat, 8 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Garlic Roasted Salmon, Potatoes, & Asparagus			✓	✓	✓	
Veggie & Tofu Stir-Fry	✓	✓	✓	✓	✓	✓
Southwest Turkey, Veggie & Rice		✓	✓	✓	✓	
Easy Vegetarian Tacos	✓		✓	✓		✓
Egg & Veggie Breakfast For Dinner	✓		✓	✓		
Creamy Chicken, Brussels Sprouts, & Mushroom Pasta		✓	✓			✓
Sheet Pan Chicken Fajita Bowls		✓	✓	✓	✓	✓
Mediterranean Spinach & Tuna Salad		✓	✓	✓	✓	✓
Whole Wheat Veggie Wrap (10 min!)	✓		✓			✓

