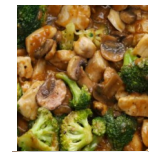


Meals in Minutes

January 2022!



Chicken & Veggie Stir-Fry

393 calories, 27 g protein, 23 g carbs, 20 g fat, 3 g fiber



Greens & Black-Eyed Peas

330 calories, 20 g protein, 56 g carbs, 8 g fat, 15 g fiber



Creamy Fettuccine w/Mushrooms & Brussels Sprouts

384 calories, 19 g protein, 56 g carbs, 10 g fat, 10 g fiber



Edamame Hummus Wrap

339 calories, 15 g protein, 35 g carbs, 19 g fat, 9 g fiber



Roasted Veggie & Black Bean Tacos

343 calories, 10 g protein, 40 g carbs, 5 g fat, 12 g fiber



Meal Prep Pesto Chicken & Veggies

350 calories, 22 g protein, 15 g carbs, 24 g fat, 5 g fiber



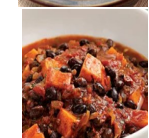
Instant Pot Ground Turkey Lettuce Wraps

207 calories, 28 g protein, 17 g carbs, 4 g fat, 3 g fiber



Winter Minestrone Soup

315 calories, 16 g protein, 27 g carbs, 14 g fat, 15 g fiber



Sweet Potato & Black Bean Chili

323 calories, 13 g protein, 50 g carbs, 7 g fat, 15 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Chicken & Veggie Stir-Fry			✓	✓	✓	
Greens & Black-Eyed Peas	✓	✓	✓		✓	✓
Creamy Fettuccine w/Mushrooms & Brussels Sprouts	✓	✓				✓
Edamame Hummus Wrap	✓		✓			✓
Roasted Veggie & Black Bean Tacos	✓		✓			✓
Meal Prep Pesto Chicken & Veggies			✓	✓	✓	
Instant Pot Ground Turkey Lettuce Wraps			✓	✓	✓	
Winter Minestrone Soup		✓	✓	✓		✓
Sweet Potato & Black Bean Chili	✓		✓		✓	✓

