

Meals in Minutes

September 2021



Slow Cooker Chicken & White Bean Stew

493 calories, 45 g protein, 53 g carbs, 10 g fat, 27 g fiber



TexMex Black Bean & Quinoa Bowl

479 calories, 20 g protein, 50 g carbs, 22 g fat, 12 g fiber



Southwest Breakfast Skillet

341 calories, 17 g protein, 23 g carbs, 20 g fat, 3 g fiber



Easy Fish Tacos

238 calories, 22 g protein, 26 g carbs, 9 g fat, 3g fiber



One Pan Greek Roasted Chicken & Veggies

300 calories, 29 g protein, 31 g carbs, 6 g fat, 4 g fiber



Asparagus Pea Pasta Bowl *use whole grain or bean pasta to boost protein & fiber

359 calories, 13 g protein, 59 g carbs, 9 g fat, 6 g fiber



Avocado Tuna Egg Salad

226 calories, 15 g protein, 24 g carbs, 8 g fat, 4 g fiber *add side of fresh cut veggie sticks



Slow Cooker Italian Beef Stew

452 calories, 53 g protein, 18 g carbs, 17 g fat, 4 g fiber



Instant Pot Low-Carb Lasagna Stuffed Peppers

447 calories, 41 g protein, 11 g carbs, 27 g fat, 3 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Slow Cooker Chicken & White Bean Stew		✓				✓
TexMex Black Bean & Quinoa Bowl	✓	✓	✓		✓	✓
Southwest Breakfast Skillet			✓	✓	✓	
Easy Fish Tacos			✓	✓		
One Pan Greek Roasted Chicken & Veggies		✓		✓	✓	
Asparagus Pea Pasta Bowl	✓		✓			✓
Avocado Tuna Egg Salad			✓	✓		✓
Slow Cooker Italian Beef Stew		✓		✓		✓
Instant Pot Low-Carb Lasagna Stuffed Peppers		✓		✓	✓	

