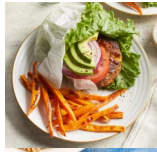


Meals in Minutes

May 2022

Spring Into Good Health!



Mother's Day Turkey Burger & Sweet Potato Fries

463 calories, 35 g protein, 33g carbs, 23 g fat, 8 g fiber



Shrimp & Broccoli Pasta

479 calories, 26 g protein, 56 g carbs, 19 g fat, 8 g fiber



Easy Power Bowl

427 calories, 19 g protein, 52 g carbs, 16 g fat, 9 g fiber



Weeknight Black Bean Chili

415 calories, 27 g protein, 50 g carbs, 9 g fat, 13 g fiber



Taco-Stuffed Sweet Potatoes

510 calories, 41 g protein, 35 g carbs, 20 g fat, 6 g fiber



Rotisserie Chicken Taco Bowls

417 calories, 48 g protein, 50 g carbs, 8 g fat, 11 g fiber



Creamy White Bean & Spinach Quesadillas

462 calories, 19 g protein, 50 g carbs, 20 g fat, 9 g fiber



Glazed Salmon w/Roasted Veggies

368 calories, 34 g protein, 21 g carbs, 17 g fat, 4 g fiber



Easy Tuna & Avocado Wrap

296 calories, 18 g protein, 28 g carbs, 28 g fat, 6 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Mother's Day Turkey Burger & Sweet Potato Fries		✓	✓	✓		✓
Shrimp & Broccoli Pasta		✓				✓
Easy Power Bowl	✓	✓			✓	✓
Weeknight Black Bean Chili		✓	✓		✓	✓
Taco-Stuffed Sweet Potatoes		✓	✓	✓	✓	✓
Rotisserie Chicken Taco Bowls		✓	✓		✓	✓
Creamy White Bean & Spinach Quesadillas	✓	✓	✓			✓
Glazed Salmon w/Roasted Veggies		✓	✓	✓	✓	
Easy Tuna & Avocado Wrap		✓	✓	✓		✓

