

# Meals in Minutes

July 2022

Summer Fun Recipes!



## Mediterranean Chickpea Quinoa Bowls

479 calories, 13 g protein, 49 g carbs, 20 g fat, 8 g fiber *Add chicken or shrimp for extra protein*



## Cauliflower Rice Bowls w/Grilled Chicken

411 calories, 30 g protein, 10 g carbs, 26 g fat, 3 g fiber



## Ginger Pork Stir-Fry w/Veggies

288 calories, 25 g protein, 13 g carbs, 7 g fat, 3 g fiber



## Grilled Halibut Tacos

330 calories, 28 g protein, 28 g carbs, 12 g fat, 3 g fiber



## Crockpot Chicken Tacos w/Avocado Cilantro Sauce

382 calories, 24 g protein, 40 g carbs, 13 g fat, 6 g fiber



## Lentil & Salmon Caprese Salad

218 calories, 15 g protein, 34 g carbs, 5 g fat, 5 g fiber



## Easy Crockpot Chicken & Black Bean Taco Salad

390 calories, 34 g protein, 20 g carbs, 9 g fat, 8 g fiber



## Asian Chicken Lettuce Wraps

260 calories, 28 g protein, 11 g carbs, 11 g fat, 2 g fiber



## Salsa Black Bean Burgers



A fun 4th of July Idea!

400 calories, 13 g protein, 50 g carbs, 18 g fat, 10 g fiber *Add a side salad; try a fun salad kit!*

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Mediterranean Chickpea Quinoa Bowls	✓		✓		✓	✓
Cauliflower Rice Bowls w/Grilled Chicken				✓	✓	✓
Ginger Pork Stir-Fry w/Veggies			✓	✓	✓	
Grilled Halibut Tacos			✓	✓		
Crockpot Chicken Tacos w/Avocado Cilantro Sauce		✓	✓			✓
Lentil & Salmon Caprese Salad	✓		✓	✓	✓	✓
Easy Crockpot Chicken & Black Bean Taco Salad		✓	✓	✓	✓	✓
Asian Chicken Lettuce Wraps		✓	✓	✓	✓	
Salsa Black Bean Burgers	✓		✓			✓

