

# Meals in Minutes

November 2021



## Easy Chickpea Curry

278 calories, 6 g protein, 31 g carbs, 15 g fat, 7 g fiber



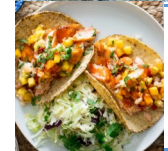
## Sesame Noodles w/Chicken & Veggies

450 calories, 28 g protein, 53 g carbs, 16 g fat, 9 g fiber



## Scrambled Egg Pitas

300 calories, 20 g protein, 21 g carbs, 15 g fat, 4 g fiber



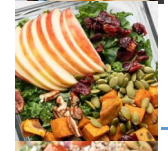
## Salmon Tacos w/Pineapple Salsa

320 calories, 25 g protein, 30 g carbs, 10 g fat, 4 g fiber



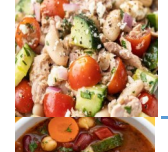
## Leftover Turkey Stew

428 calories, 38 g protein, 28 g carbs, 15 g fat, 5 g fiber \*USE THANKSGIVING LEFTOVERS!



## Autumn Kale & Sweet Potato Salad

512 calories, 13 g protein, 70 g carbs, 10 g fat, 10 g fiber



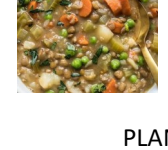
## Mediterranean Tuna Salad

283 calories, 23 g protein, 23 g carbs, 12 g fat, 5 g fiber



## Easy Vegetarian Minestrone Soup

313 calories, 14 g protein, 48 g carbs, 9 g fat, 11 g fiber



## Vegan Winter Lentil Stew

249 calories, 10 g protein, 45 g carbs, 4 g fat, 8 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Easy Chickpea Curry	✓		✓	✓	✓	✓
Sesame Noodles w/Chicken & Veggies		✓	✓			✓
Scrambled Egg Pitas	✓	✓	✓	✓		
Salmon Tacos w/Pineapple Salsa		✓	✓		✓	
Leftover Turkey Stew		✓	✓	✓		
Autumn Kale & Sweet Potato Salad	✓				✓	✓
Mediterranean Tuna Salad		✓	✓	✓		✓
Easy Vegetarian Minestrone Soup	✓		✓		✓	✓
Vegan Winter Lentil Stew	✓				✓	✓

