



Meals in Minutes

February 2022
Heart Healthy Meals

Plant-Based
Fresh Start Friendly
20-Minutes or Less
Diabetes-Friendly
Gluten-Free
High Fiber



Roasted Veggie & Black Bean Tacos

343 calories, 10 g protein, 40 g carbs, 15 g fat, 12 g fiber

✓		✓		✓	✓
---	--	---	--	---	---



Turkey Penne Pasta Skillet

330 calories, 40 g protein, 35 g carbs, 5 g fat, 8 g fiber

	✓				✓
--	---	--	--	--	---



Roasted Salmon w/Potatoes & Asparagus

400 calories, 32 g protein, 34 g carbs, 15 g fat, 5 g fiber

	✓	✓	✓	✓	✓
--	---	---	---	---	---



Hearty Chicken Bowl

413 calories, 26 g protein, 50 g carbs, 9 g fat, 9 g fiber

	✓				✓
--	---	--	--	--	---



White Bean Hummus Wrap w/Avocado & Bell Pepper

345 calories, 15 g protein, 40 g carbs, 12 g fat, 16 g fiber

✓		✓			✓
---	--	---	--	--	---



Tuscan Bean Soup

200 calories, 14 g protein, 28 g carbs, 4 g fat, 8 g fiber (2 cups)

✓		✓		✓	✓
---	--	---	--	---	---



Chicken & Spinach Pasta w/Lemon & Parmesan

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

	✓		✓		✓
--	---	--	---	--	---



Chicken & Veggie Quesadilla

436 calories, 26 g protein, 36 g carbs, 20 g fat, 5 g fiber

	✓	✓			✓
--	---	---	--	--	---



Easy Black Bean & Quinoa Bowl

250 calories, 10 g protein, 35 g carbs, 8 g fat, 10 g fiber (per 1 cup)

✓		✓		✓	✓
---	--	---	--	---	---

