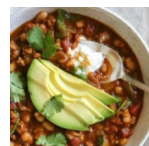


Meals in Minutes

October 2021



Turkey Pumpkin Chili

300 calories, 27 g protein, 31 g carbs, 8 g fat, 8 g fiber



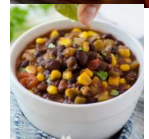
Gluten-Free Quinoa Soup

295 calories, 30 g protein, 24 g carbs, 8 g fat, 5 g fiber



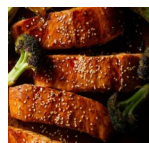
Stuffed Peppers w/Squash, Black Beans, & Rice

140 calories, 7 g protein, 27 g carbs, 1.5 g fat, 7 g fiber



Super Easy Black Bean Chili

243 calories, 13 g protein, 49 g carbs, 1.3 g fat, 16 g fiber



Ginger Roasted Salmon & Broccoli

323 calories, 34 g protein, 17 g carbs, 14 g fat, 2 g fiber



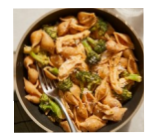
Parmesan Chicken & Brussels Sprouts

365 calories, 26 g protein, 16 g carbs, 23 g fat, 5 g fiber



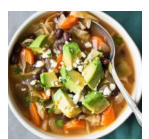
3 Ingredient Veggie & Chicken Sausage Hash

345 calories, 19 g protein, 42 g carbs, 12 g fat, 9 g fiber



One Pot Chicken & Broccoli Pasta

530 calories, 44 g protein, 52 g carbs, 18 g fat, 8 g fiber



Spicy Cabbage Soup

167 calories, 7 g protein, 27 g carbs, 8 g fat, 7 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Turkey Pumpkin Chili		✓		✓		✓
Gluten-Free Quinoa Soup		✓	✓	✓	✓	✓
Stuffed Peppers w/Squash, Black Beans, & Rice	✓		✓	✓	✓	✓
Super Easy Black Bean Chili	✓		✓		✓	✓
Ginger Roasted Salmon & Broccoli			✓	✓	✓	
Parmesan Chicken & Brussels Sprouts		✓		✓		✓
3 Ingredient Veggie & Chicken Sausage Hash		✓	✓	✓	✓	✓
One Pot Chicken & Broccoli Pasta			✓			✓
Spicy Cabbage Soup	✓		✓	✓	✓	✓

