

Meals in Minutes

June 2022
Rest & Refresh!



Taco Tomatoes

420 calories, 22 g protein, 22 g carbs, 27 g fat, 5 g fiber



One Pot Cheesy Black Beans & Rice

350 calories, 17 g protein, 56 g carbs, 6 g fat, 11 g fiber



Easy Veggie Stir-Fry w/Garlic Tahini Sauce

388 calories, 15 g protein, 45 g carbs, 16 g fat, 6 g fiber



Mediterranean Breakfast Sandwich

242 calories, 13 g protein, 25 g carbs, 11 g fat, 6 g fiber *Add a side of veggie sticks!*



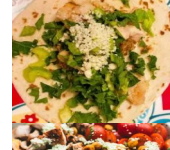
Tuna-Spinach Salad

376 calories, 25 g protein, 25 g carbs, 20 g fat, 6 g fiber



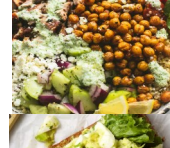
Lentil Walnut Tacos

271 calories, 15 g protein, 32 g carbs, 12 g fat, 9 g fiber



Quick & Easy Cod Tacos

250 calories, 26 g protein, 20 g carbs, 8 g fat, 3 g fiber



Greek Chicken Power Bowls

334 calories, 23 g protein, 31 g carbs, 16 g fat, 7 g fiber



Avocado Egg Salad Sandwich

351 calories, 18 g protein, 30 g carbs, 18 g fat, 8 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Taco Tomatoes		✓	✓	✓	✓	✓
One Pot Cheesy Black Beans & Rice	✓				✓	✓
Easy Veggie Stir-Fry w/Garlic Tahini Sauce	✓		✓		✓	✓
Mediterranean Breakfast Sandwich			✓	✓		✓
Tuna-Spinach Salad		✓	✓	✓	✓	✓
Lentil Walnut Tacos	✓		✓	✓	✓	✓
Quick & Easy Cod Tacos			✓	✓		✓
Greek Chicken Power Bowls		✓	✓	✓	✓	✓
Avocado Egg Salad Sandwich	✓		✓	✓		✓

