






Click on the meal to view the recipe & start planning!

Theme:	Recipes:
Plant-Powered 	<u>Simple Veggie Ramen</u> <u>Vegetarian Tortilla Soup</u> <u>Pesto Pasta w/Arugula</u> <u>Roasted Cauliflower Tacos</u>
Lovin' Low Carb 	<u>Blackened Chicken & Avocado Salad</u> <u>Grilled Shrimp & Zucchini Noodles</u> <u>Chicken Stir-Fry w/Eggplant</u> <u>Mediterranean Salmon Salad</u>
Quick & Easy 	<u>10-Minute Black Bean Tacos</u> <u>Tuna Chickpea Pitas</u> <u>Shrimp & Veggie Stir-Fry</u> <u>Cashew Chicken w/Cauliflower Rice</u>
Cooking With Kids 	<u>Whole Wheat Pasta & Veggies</u> <u>Zucchini Mexican Pizza</u> <u>Healthy Grilled Cheese Sandwiches</u> <u>Summer Veggie Sausage Skillet</u>
No Cooking Needed 	<u>No Cook Zucchini Noodles w/Pesto</u> <u>Layered Taco Mason Jar Salad</u> <u>Greek Yogurt Tuna Salad</u> *Add side of fresh veggie sticks <u>Mediterranean Chickpea & Feta Wraps</u>

If you need more individualized meal planning to fit yours or your family's health needs, reach out today & schedule to meet with a Registered Dietitian @ 208-433-9424 or email info@idahonutrition.com.

View our meal plans at IdahoNutrition.com --> click on the Meals in Minutes

