



# Meals in Minutes July 2021



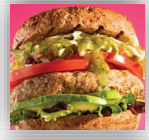
## Baked Halibut w/Brussels Sprouts & Quinoa

406 calories, 30 g protein, 36 g carbs, 17 g fat, 8 g fiber



## Pesto Ravioli w/Spinach & Tomatoes

361 calories, 14 g protein, 35 g carbs, 18 g fat, 4 g fiber \*add chicken for more protein



## Baja Turkey Burgers w/Side Salad

370 calories, 25 g protein, 37 g carbs, 13 g fat, 10 g fiber



## Grilled Blackened Fish Tacos

(2 tacos) 286 calories, 24 g protein, 30 g carbs, 9 g fat, 7 g fiber



## Spinach & Egg Scramble w/Strawberries

296 calories, 18 g protein, 20 g carbs, 15 g fat, 7 g fiber



## Black Bean & Spinach Quesadilla

370 calories, 20 g protein, 44 g carbs, 12 g fat, 8 g fiber



## White Bean & Turkey Chili

281 calories, 26 g protein, 34 g carbs, 5 g fat, 8 g fiber \*add side of steamed broccoli



## Chicken Fajitas

220 calories, 30 g protein, 16 g carbs, 4 g fat, 10 g fiber



## Tuna Pasta Salad

334 calories, 29 g protein, 32 g carbs, 10 g fat, 5 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Baked Halibut w/Brussels Sprouts & Quinoa		✓		✓	✓	✓
Pesto Ravioli w/Spinach & Tomatoes	✓		✓			
Baja Turkey Burgers w/Side Salad		✓		✓		✓
Grilled Blackened Fish Tacos		✓	✓	✓	✓	
Spinach & Egg Scramble w/Strawberries			✓	✓	✓	
Black Bean & Spinach Quesadilla	✓	✓	✓			✓
White Bean & Turkey Chili		✓		✓	✓	✓
Chicken Fajitas		✓	✓			✓
Tuna Pasta Salad			✓	✓		

