

Meals in Minutes

March 2022

NATIONAL NUTRITION MONTH!



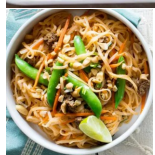
Slow Cooker Minestrone Soup

150 calories, 10 g protein, 26 g carbs, 0.5 g fat, 7 g fiber *Add 1 slice whole grain bread*



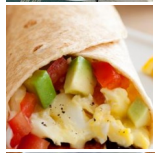
Sweet Potato & Black Bean Quesadillas

49 calories, 20 g protein, 70 g carbs, 13 g fat, 19 g fiber



Beef Pad Thai

465 calories, 22 g protein, 60 g carbs, 13 g fat, 7 g fiber



Quick & Easy Breakfast Burritos

460 calories, 23 g protein, 51 g carbs, 20 g fat, 12 g fiber



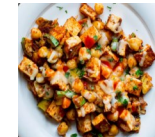
Bean & Veggie Taco Bowl

435 calories, 16 g protein, 59 g carbs, 15 g fat, 10 g fiber



Pesto Shrimp Zoodles

325 calories, 29 g protein, 9 g carbs, 18 g fat, 3 g fiber



Tofu Veggie Scramble

420 calories, 27 g protein, 25 g carbs, 25 g fat, 6 g fiber



Cauliflower & Sweet Potato Hash

236 calories, 10 g protein, 18 g carbs, 14 g fat, 4 g fiber



Instant Pot Rotini w/Chicken & Veggies

407 calories, 48 g protein, 66 g carbs, 11 g fat, 10 g fiber

	Plant-Based	Fresh Start Friendly	20-Minutes or Less	Diabetes-Friendly	Gluten-Free	High Fiber
Slow Cooker Minestrone Soup	✓		✓	✓		✓
Sweet Potato & Black Bean Quesadillas	✓	✓	✓			✓
Beef Pad Thai		✓	✓			✓
Quick & Easy Breakfast Burritos	✓	✓	✓			✓
Bean & Veggie Taco Bowl	✓		✓		✓	✓
Pesto Shrimp Zoodles			✓	✓	✓	
Tofu Veggie Scramble	✓	✓	✓	✓	✓	✓
Cauliflower & Sweet Potato Hash	✓		✓	✓	✓	
Instant Pot Rotini w/Chicken & Veggies		✓	✓			✓

