






# Add Color To Your Plate!

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

Theme:	Recipes:
<b>Plant-Powered</b> 	<a href="#"><u>Greek Chickpea Salad w/Balsamic Dressing</u></a> <a href="#"><u>Black Bean &amp; Quinoa Taco Salad</u></a> <a href="#"><u>Fajita Veggie Burrito Bowls</u></a> <a href="#"><u>Lentil Borscht</u></a> <i>(Borscht is a soup made with colorful beets)</i>
<b>Lovin' Low Carb</b> 	<a href="#"><u>Salmon &amp; Asparagus</u></a> <a href="#"><u>Mediterranean Cod w/Roasted Tomatoes</u></a> <a href="#"><u>Crunchy Confetti Tuna Salad</u></a> <a href="#"><u>"Egg In A Hole" Peppers w/Avocado Salsa</u></a>
<b>Quick &amp; Easy</b> 	<a href="#"><u>Lentil Cucumber Salad</u></a> <a href="#"><u>Kickstart Kale &amp; Grain Bowls</u></a> <a href="#"><u>Meal Prep Roasted Chicken w/Veggies</u></a> <a href="#"><u>Easy Skillet Lasagna</u></a> w/Side Salad <i>(tip: use a salad kit to save time)</i>
<b>Cooking With Kids</b> 	<a href="#"><u>Broccoli Burritos</u></a> <a href="#"><u>PB&amp;J Bistro Box</u></a> <a href="#"><u>Rainbow Veggie Pizza</u></a> <i>(tip: can also use whole grain naan bread in place of tortillas)</i> <a href="#"><u>Colorful Quesadillas</u></a>
<b>Gluten-Free</b> 	<a href="#"><u>GF Penne w/Spinach &amp; Mushrooms</u></a> <a href="#"><u>Irish Stew</u></a> <a href="#"><u>Taco Zucchini Boats</u></a> <a href="#"><u>Mediterranean Power Bowl</u></a>

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](mailto:info@idahonutrition.com).

View our meal plans at [IdahoNutrition.com](https://IdahoNutrition.com) --> click on the Meals in Minutes

