

Flavorful Fall Meals

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

Theme:

Recipes:

Chilis & Soup



[Black Bean & Sweet Potato Chili](#) *Can add chicken
[Easy Butternut Squash Soup](#) w/Whole Grain Bread
[Protein-Packed Chili](#)
[Simple Taco Soup](#) w/[Side Salad](#) or Salad Kit

Crockpot



[Hearty Crock-Pot Beef Stew](#)
[Slow Cooker Chicken Sloppy Joes](#) w/Steamed Broccoli
[Slow Cooker Thai Peanut Chicken w/Veggies & Noodles](#)
[Honey Garlic Chicken & Veggies](#)

15-Minute or Less



[Honey Lime Salmon](#) w/[Roasted Green Beans](#)
[Thai Chicken Tacos w/Cabbage Slaw](#)
[Chicken & Veggie Pasta](#)
[Stovetop Beef & Shells](#) w/[Side Salad](#) or Salad Kit

Plant-Powered



[Lentils w/Roasted Veggies](#)
[Chickpea Pasta Fagiolli](#)
[Pinto Bean & Rice Stuffed Peppers](#)
[Easy Vegetable Fajitas](#)

Low-Carb Friendly



[Roasted Salmon w/Kale Quinoa Salad](#)
[Autumn Beef & Vegetable Stew](#)
[Southwest Style Turkey Meatloaf](#) w/[Side Salad](#)
[Chicken Lettuce Wraps](#)

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

