

Flavorful Fall Meals

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

Theme:

Recipes:

Low-Carb Friendly



[Simple Chicken Stir-Fry](#)

[Shakshuka](#)

[Sheet Pan Shrimp Fajitas](#) *try in lettuce wraps

[Chicken & Avocado Salad](#)

30-Minutes or Less



[Chicken Enchilada Skillet](#)

Grilled Cheese on Whole Wheat w/[Tomato Soup](#) *Brand available at most stores; Add side of steamed broccoli

[Quick Kale & Chickpea Stew](#) *add chicken if desired

[Easy Shrimp & Broccoli Stir-Fry](#)

One Pot/Pan



[Pumpkin Chili](#)

[One Pot Mexican Quinoa Skillet](#)

[Creamy Broccoli Pasta](#)

[Crispy Salmon, Potatoes, & Asparagus](#)

Breakfast for Dinner



[Quick & Easy Breakfast Burritos](#)

[Avocado Breakfast Sandwich](#) w/Carrot Sticks

[Quinoa Breakfast Bowl](#)

[Sweet Potato Kale Frittata](#)

Healthy Comfort Foods



[Easy Chicken Alfredo Penne](#) w/[Cucumber Avocado Salad](#)

[Skillet Lasagna](#) w/[Side Salad](#) *Try an easy salad kit

[Sweet Potato Nachos](#)

[Kale Pesto Pizzas](#)

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 tab