

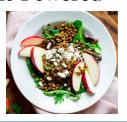
Heart Healthy Meals

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



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Plant-Powered



Recipes:

BBQ Chickpea Wraps



Mixed Greens w/Lentils & Sliced Apples

Black Bean & Quinoa Buddha Bowl





Orange, Tofu & Bell Pepper Stir-Fry

Shrimp Fried Cauliflower Rice

Grilled Vegetable Frittata

Thai Turkey Lettuce Cups

Heart-healthy tip:

Choose lean protein like fish, chicken, turkey, lean ground beef, or meat from loin or round cuts.

Heart-healthy tip: Eat more fiber from plant-based

foods like beans, lentils, & plenty of veggies.

Quick & Easy



Veggie & Hummus Sandwich *Add tuna for extra protein

Spaghetti w/Meat Sauce & Steamed Broccoli

One Pan Chicken & Asparagus

Chicken & Spinach Skillet

Heart-healthy tip:

Fill 1/2 your plate with non-starchy veggies, 1/4 lean protein, & 1/4 whole grain or starchy veggie.

Heart-healthy tip:

Take a walk before or after dinner with the family!

Cooking With Kids

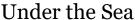


Veggie Loaded Sloppy Joes

Turkey Meatloaf w/Green Beans

Quick Toaster Oven Pizzas w/Fresh Veggies

Bowtie Pasta w/Chicken & Veggies





Roasted Salmon, Green Beans, & Tomatoes

One Pot Garlicky Shrimp & Spinach

Sautéed Scallops & Celery

Baked Fish Tacos w/Avocado

Heart-healthy tip:

Add healthy fats to your meals by incorporating fish, nuts, seeds, avocados, & avocado or olive oil.

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