

Heart Healthy Meals

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

February is
National
Heart Month!

Theme:

Recipes:

Plant-Powered



[BBQ Chickpea Wraps](#)

[Black Bean & Avocado Quesadillas](#)

[Mixed Greens w/Lentils & Sliced Apples](#)

[Black Bean & Quinoa Buddha Bowl](#)



Heart-healthy tip:

Eat more fiber from plant-based foods like beans, lentils, & plenty of veggies.

Lovin' Low Carb



[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.

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.

Cooking With Kids



[Veggie Loaded Sloppy Joes](#)

[Turkey Meatloaf](#) w/Green Beans

[Quick Toaster Oven Pizzas](#) w/Fresh Veggies

[Bowtie Pasta w/Chicken & Veggies](#)



Heart-healthy tip:

Take a walk before or after dinner with the family!

Under the Sea



[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

