

Use The "Plate" Method



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

Theme:	Recipes:
<p>Plant-Powered</p> 	<p><u>Fajita-Veggie Burrito Bowls</u></p> <p><u>Greek Chicken Power Bowls</u></p> <p><u>Superfood Buddha Bowls</u></p> <p><u>Cabbage Veggie Soup</u></p>
<p>Lovin' Low Carb</p> 	<p><u>Spinach Salad w/Apples & Eggs</u></p> <p><u>White Bean & Veggie Salad</u></p> <p><u>One Pot Garlicky Shrimp & Spinach</u></p> <p><u>Zucchini Noodles w/Pesto & Chicken</u></p>
<p>Quick & Easy</p> 	<p><u>Pesto Ravioli w/Spinach & Tomatoes</u></p> <p><u>Roasted Vegetable & Black Bean Tacos</u></p> <p><u>Veggie Hummus Sandwich</u> (add carrot sticks on the side)</p> <p><u>Chicken & Spinach Skillet Pasta</u></p>
<p>Cooking With Kids</p> 	<p><u>Mother's Day Turkey Burger w/Sweet Potato Fries</u> (add side salad to complete the meal; have kids help with it!)</p> <p><u>Mango Chicken Wraps</u></p> <p><u>Quick Toaster Oven Pizzas</u> (add side steamed broccoli)</p> <p><u>Baked Potato Bar</u></p>
<p>Under the Sea</p> 	<p><u>Tuna Chickpea Pitas</u></p> <p><u>Mediterranean Tuna Salad</u></p> <p><u>Zucchini Noodles w/Avocado Pesto & Shrimp</u></p> <p><u>Salmon w/Sundried Tomato Cream Sauce</u> *add broccoli</p>

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

