



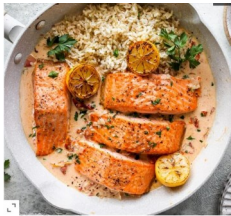


Use The "Plate" Method

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



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

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

