

Sizzling July Meals

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

Theme:

Recipes:

Plant-Powered



[Easy Veggie Tacos](#)

[Mediterranean Nachos](#)

[Spaghetti w/Roasted Tomatoes, Chickpeas, & Basil](#)

[Black Bean Tacos w/Tropical Fruit Salsa](#)

Kids Corner



[Mediterranean Pita Pizzas](#) w/[Caesar Salad](#)

[Turkey & Hummus Wrap](#) w/[Every Shade of Green Salad](#)

[Easy Weeknight Mexican Skillet Enchiladas](#)

[Homemade Mac & Cheese](#) w/Steamed Broccoli

Lazy Delicious



[Slow Cooker Chicken Tacos](#) on Whole Wheat Tortillas

[Veggie Throw Together](#)

[Black Bean Chili](#)

[Creamy Veggie Pasta](#) *Tip: Add diced chicken to this recipe

Under the Sea



[Salmon Burgers over Cabbage Slaw](#) w/[Roasted Potatoes](#)

[Simply Satisfying Kale & Tuna Salad](#)

[Pan-Seared Halibut & Roasted Beet Salad](#)

[California Roll Bowl](#) *Easy dinner for sushi lovers!

Summer Favorites



[No Knead Pizzas](#)

[BBQ Chicken Sandwiches](#) on Wheat Buns w/[Side Salad](#)

[Roasted Potato Nachos](#) Tip: Add beef or chicken.

[One Pan Shrimp Fajita Bowls](#)

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.