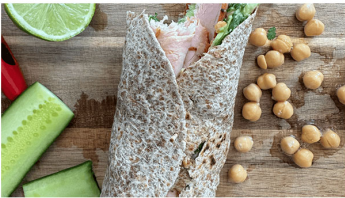


HIGH-FIBER & HIGH-PROTEIN SALADS & WRAPS

	RECIPE	FIBER	PROTEIN
	Kale Quinoa Salad	10 Grams	30 Grams
	1-Minute Hummus Wrap	10 Grams	17 Grams
	Chopped Mediterranean Salad With Chicken	9 Grams	29 Grams
	Quinoa Crunch Salad with Peanut Dressing	10 Grams	20 Grams
	Farro Salad	11 Grams	17 Grams
	Chickpea Feta Pasta Salad	7.8 Grams	20 Grams

HIGH-FIBER & HIGH-PROTEIN ONE-PAN MEALS

	RECIPE	FIBER	PROTEIN
	Sheet Pan Greek Chicken and Veggies with Tzatziki	9 Grams	33 Grams
	Thai Peanut Sweet Potato Bowls With Chicken	7 Grams	29 Grams
	Chicken and Chickpea Curry	9 Grams	26 Grams
	Healthy Turkey Chili	17 Grams	31 Grams
	Sheet Pan Harvest Bowl	8 Grams	26 Grams
	Roasted Red Pepper Quinoa Chili	20 Grams	23 Grams
	Quesadillas in the Oven	6 Grams	21 Grams

HIGH-FIBER & HIGH-PROTEIN VEGETARIAN MEALS

RECIPE		FIBER	PROTEIN
	Quinoa Black Bean Crockpot Stuffed Peppers	14 Grams	21 Grams
	Sheet Pan Tofu, Chickpeas and Butternut Squash	12 Grams	22 Grams
	Easy Vegetarian Fajitas	17 Grams	17 Grams
	Sweet Potato Quinoa Bowl	24 Grams	28 Grams
	Quinoa Taco Bowls	18 Grams	18 Grams