

LUNCH OR DINNER — MAIN DISH

Zucchini Noodle Spaghetti

Makes 1 serving

SATIETY SCORE	NUTRITION
● ● ○ ○ ○ 2 / 5	HIGH
Per serving (approx.): Protein 3 g · Fiber 3 g · Calories 70	

Ingredients

- 1 medium zucchini
- ¼ cup marinara sauce (or homemade marinara)

Directions

1. Clean the zucchini and use a handheld peeler to make zucchini noodles.
2. Top with the marinara sauce.
3. Serve raw for a crunchy noodle, or heat to soften.

Note: Top with Parmesan, extra vegetables, and/or a protein to make it more filling.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Zucchini Noodle Spaghetti

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium zucchini

PANTRY & DRY GOODS

- ☐ ¼ cup marinara sauce