BUILDING BALANCED MEALS

and Intuitive Eating

What is a Balanced Meal?

A balanced meal includes a mix of food groups to meet your nutrition needs. This makes meals more filling, nourishing, and energizing.

Protein

-beans, eggs, chicken, tofu

Fiber-rich carbs

- whole grains, beans, fruit, vegetables

Try to use a variety of colors!

Healthy Fats

- Avocado, olive oil, nuts, seeds

Intuitive Eating Tips

- Check in with hunger and fullness - eat when you're hungry, pause when satisfied
- Build Satisfaction - choose foods you enjoy
- Value variety - try to mix colors, textures, and flavors
- Gentle Balance - think about what you can add (like more fiber or protein) rather than what to cut out

Eating Intuitively

Intuitive eating is a non-diet approach to eating that encourages individuals to honor their body's natural hunger and fullness cues rather than restrictions or strict rules.

Wrap Recipe

Ingredients (Makes 4 wraps)

- 4 tortillas or wraps
- 1 cup cooked beans
- 1 cup cooked (shredded or grilled) chicken
- 1 cup shredded kale, chard, or lettuce
- 1 medium tomato, diced
- ½ cucumber, thinly sliced
- 1 bell pepper, thinly sliced
- ¼ cup shredded carrots or beets
- ½ avocado, sliced
- Fresh herbs (parsley, basil, or cilantro)
- Your choice of dressing/spread
- Optional add-ins: zucchini strips, radishes, roasted veggies, cheese, or anything else you enjoy - it's your wrap!

Instructions:

- Warm wraps briefly to make them pliable.
- Spread 2 Tbsp sauce of choice (hummus, yogurt, dressing) on each wrap.
- Layer beans, greens, tomato, cucumber, pepper, carrots/beets, avocado, and herbs.
- Roll up tightly, slice in half, and serve.