

SIMPLE BALANCED Meals



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To create a balanced meal, it's important that most of the time you have a source of protein, healthy fat, carbohydrates, and fiber. This will help you feel satisfied and nourished, while also making meal planning quick and easy. Of course we're not perfect, and some days we may need a little more or less, so that's why it's important to listen to your body. I like to encourage people to get into the rhythm of thinking: "What can I add to my meal to make it more balanced?"

Protein	Healthy Fat	Carbohydrates	Veggies/Fiber
Add 3-4 oz (size of your palm)	Choose One	Fill 1/3 Plate (Choose Fiber Rich!)	Fill 1/2 Your Plate with Veggies!
4 oz Chicken/Turkey	1-2 tbsp Olive Oil	1/2 cup Whole Grain Pasta	Eat a variety of different vegetables to get a variety of nutrients!
4 oz Salmon/Tuna	1-2 tbsp Avocado Oil	1/2 cup Cereal (Hot or Cold)	Leafy Greens (Spinach, Kale, Lettuce, etc.) Asparagus, Bell Peppers, Carrots, Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Tomatoes, etc.!
4-5 oz Tofu/Tempeh	1-2 tbsp Tahini/Sesame Oil	1/2 cup Brown Rice	Find different ways to incorporate veggies - Vegetable based soup - Add Veggies to pasta or rice dishes (try zucchini noodles, or cauliflower rice) - Blend into smoothies - Cook into eggs (omelet/scramble) - Try a lettuce wrap or veggie bun - Grill veggie kabobs - Roast a variety of veggies to have on hand for the week - Pre-cut vegetables to add to your meals or have on hand for a snack
Plant Based or Whey Protein Powder	1/4 Avocado	1/2 cup Quinoa, Farro, Bulgur	
2 Eggs	1/4 cup Olives	1 Piece Whole Grain/Wheat Bread	
6 oz Greek Yogurt	1 oz Nuts (Walnuts, Almonds, etc.)	1, 6" Whole Grain/Wheat Tortilla	
Cheese	1 oz Seeds (Sunflower, Pumpkin, etc.)	1/2 cup Legumes (Beans, Lentils, Peas)	
Limit: Beef, Pork, Lamb	2 tbsp Nut & Seed Butters	1/2 cup Starchy Vegetables (Potato, Corn, Peas, Winter Squashes)	
	1 tbsp Ground Flaxseed/Chia Seeds	1/2 - 1 cup Fruits	
	Limit: Butter, Ghee, Coconut Oil		

SIMPLE BALANCED Snacks



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Snacks can be an easy way to make sure you are fueling your body well while on-the-go. While snacks can be a great way to promote healthy blood sugar balance as well as keep you from getting completely famished between meals, it is important to make snacks balanced if they are going to keep you feeling satisfied. Simply pair two-three ingredients (one from each category) and you will have a balanced snack to enjoy between meals times!

Protein	Healthy Fat	Carbs + Fiber
2 Boiled Eggs	Handful of Nuts or Seeds (Almonds, Walnuts, Pistachios)	Veggies (Carrot Sticks, Bell Peppers, Cucumbers, etc.)
2 oz Cheese	2 tbsp Nut/Seed Butter	1/2 cup Fruit or 1 oz Dried Fruit
8 oz Greek Yogurt	1/4 Avocado	Whole Grain Bread or 6" Tortilla
1 Packet of Tuna or Salmon		1/4 cup Homemade Granola
3 oz Grilled Chicken/Turkey		1/2 cup Whole Grain Crackers or Pretzels
1 cup Cottage Cheese		Whole Grain Rice Cakes
1/3 cup Hummus		
Protein Bar (mind the sugar)		

SIMPLE BALANCED Breakfast

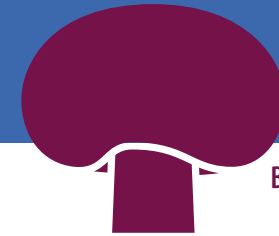


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Use these ideas to help you feel inspired to get started in your kitchen. Remember, it's all about becoming comfortable choosing foods that will be nourishing and satisfying for you. Of course not any meal is going to be perfect, but it doesn't hurt to think about what you can add to your meals to make them more balanced.

	Lean Protein	Carbohydrates	Healthy Fat	Vegetables	Extras
Breakfast Scramble	Scrambled eggs (x2)	White or sweet potato hash browns	Olive Oil	Bell peppers, Yellow onions	Garlic, salt & pepper
Smoothie	Vanilla protein powder	Apple + Date (optional)	Nut butter	Frozen cauliflower rice or frozen spinach	Almond milk Cinnamon
Smoothie	Vanilla protein powder	Frozen berries	Avocado	Frozen cauliflower rice or frozen spinach	Almond milk Cinnamon
Egg Cups	Egg Cups (x2)	Whole Grain Toast	Nut butter	Peppers, spinach, and/or tomatoes (in egg cup)	Mashed berries (on toast)
Yogurt Parfait	Greek yogurt	Quick oats + Blueberries	Nut butter	Frozen cauliflower rice	Almond milk, vanilla, cinnamon
Yogurt Parfait	Greek yogurt	Quick oats + Banana	Nut butter	Grated zucchini	Almond milk, vanilla, cinnamon
Avocado Toast	Hard Boiled Egg (x2)	Whole Grain Toast	Avocado (smashed)	Tomato or spinach	Salt and pepper
Breakfast Scramble	Eggs (x2) scrambled or your way	Black Beans	Avocado (sliced)	Frozen cauliflower rice	Salsa
Breakfast Yogurt	Greek yogurt	Fruit of choice + sprinkle of granola	Flaxseeds or chia seeds	None needed	Vanilla extract, Cinnamon
Cottage Cheese	Cottage cheese	Whole grain toast + smashed berries	Nut butter	None needed	Vanilla, cinnamon (for cottage cheese)

SIMPLE BALANCED Lunch & Dinner



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	Lean Protein	Carbohydrates	Healthy Fat	Vegetables	Extras
Burrito Bowl	Shredded chicken	Black beans + quinoa	Avocado	Bell peppers, Yellow onions	Salsa, taco seasoning
50/50 Pasta	Ground turkey	Whole wheat or legume pasta	Olive oil	Zucchini (shredded or "zoodled")	Garlic, other seasonings
50/50 Shrimp Rice	Shrimp	Brown rice	Sesame oil or olive oil	Cauliflower rice, frozen carrots + peas	Soy sauce
Tuna Salad Sammie	Tuna + Greek yogurt	Whole grain bread	Olive oil	Celery, red onion, lettuce, tomatoes	Lemon juice, Dijon mustard, garlic powder
Baked Salmon	Salmon	Quinoa	Olive or avocado oil	Broccoli, spinach	Soy sauce or sriracha
Turkey Burger	Turkey burger	Homemade baked sweet potato fries	Avocado	Lettuce "bun", tomatoes, onion, etc.	Dijon mustard, chipotle mayo, etc.
Baked Chicken	Baked chicken breast	Whole wheat or legume pasta	Salad dressing	Side salad, roasted tomatoes (sauce)	Tomato sauce, Italian seasoning, garlic
Shrimp Stir-Fry	Shrimp	Quinoa or brown rice	Olive oil	Asparagus	Soy sauce, lemon juice, garlic
Stuffed Peppers	Ground turkey or lean ground beef	Quinoa	Olive oil	Bell pepper canned diced tomato/chilies	Taco seasoning
Chicken Chili	Chicken breast	Cannellini beans	Avocado	Cauliflower rice	Chicken broth, salsa verde

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