



Health-Full Eating & Nutrition



Well - Balanced Meal Ideas

Eating Well-Balanced

Creating a well-balanced meal is a great way to ensure that you are energized, satisfied, and nourished. Whether you are eating breakfast, lunch, or dinner it may seem complicated to create a well-balanced meal on each occasion. However, it's as simple as ensuring each meal contains carbohydrates, protein and fat. Carbohydrates can come in the form of fruits, vegetables, legumes, or grains. Protein can come in the form of meat or plant-based options, and your fats can come in the form of nuts, seeds, or oils. Remember that some foods can check off more than one macronutrient, for example:

- Nuts and seeds can check off both fat and protein
- Beans and lentils check off both protein and carbohydrates
- Milk, yogurt, fish check off both fat and protein

If you are checking off each of those boxes you are creating a well-balanced meals.

Sample Recipes:

Breakfast:

Almond Butter Banana Oatmeal

Ingredients

Oatmeal

- 1/2 cup old-fashioned oats
- 1 cup water
- pinch of salt
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon

Toppings

- 1 banana, sliced
- 2 Tablespoons maple syrup
- 1 Tablespoon almond butter

- 2 Tablespoons granola
- 1 Tablespoon walnuts, crumbled
- chia seeds
- pinch of cinnamon

Instructions

1. Bring a pot of 1 cup water to a boil on stove top. Stir in 1/2 cup oats, pinch of salt, vanilla, and cinnamon. Let simmer for 5 minutes, stir occasionally.
2. Serve in a bowl - arrange with banana slices, granola, nuts & seeds, and maple syrup.

Lunch:

Quinoa & Chickpea Buddha Bowl

Ingredients

- 1 cup cooked quinoa
- ⅓ cup canned chickpeas, rinsed and drained
- ½ cup cucumber slices
- ½ cup cherry tomatoes, halved
- ¼ avocado, diced
- 3 tablespoons hummus
- 1 tablespoon finely chopped roasted red pepper
- 1 tablespoon lemon juice
- 1 tablespoon water, plus more if desired
- 1 teaspoon chopped fresh parsley (Optional)
- Pinch of salt
- Pinch of ground pepper



Instructions

1. Arrange quinoa, chickpeas, cucumbers, tomatoes and avocado in a wide bowl.
2. Stir hummus, roasted red pepper, lemon juice and water in a bowl. Add more water to reach desired consistency for dressing. Add parsley, salt and pepper and stir to combine. Serve.

Dinner:

Salmon Stir Fry

Ingredients

- 6 oz Salmon Fillet skinless, cut in 1-inch cubes
- ½ Red Bell Pepper
- ½ Yellow Bell Pepper
- 1 large Carrot peeled and cut into matchstick size
- 1 cup Broccoli Florets raw
- 2 Tbsps. Canola Oil or light olive oil

Teriyaki Sauce Marinade

- ¼ cup Soy Sauce low sodium
- 2 Tbsps. Water
- 2 tsp. rice Vinegar
- 2 tsps. Corn Starch
- 2 Tbsps. Honey or brown sugar
- 1 Tbsp. Garlic minced, 2-3 cloves
- 1 tsp. Onion Powder
- 1 tsp. Black Pepper
- ½ tsp. Cayenne Pepper
- ½ tsp. Grated Ginger or ginger powder

Instructions

1. Pat the salmon down with a paper towel to dry. Cut into 1-inch cubes and set in a medium bowl.
2. In a small bowl, mix soy sauce, water, vinegar, corn starch, honey, garlic, onion powder, black pepper, cayenne pepper, and ginger. Pour over the salmon cubes and toss to coat. Set aside.
3. Julienne the bell peppers, chop the broccoli florets, and matchstick cut the carrots. Set aside.
4. Heat 1 Tbsp oil in a large nonstick skillet over medium-high heat. Once hot, sauté the vegetables until tender. Set aside.
5. In the same skillet, heat another tablespoon of oil. Once hot place the salmon cubes in one at a times. Save the sauce.
6. Cook the salmon for 2-3 minutes. Do not stir the salmon or it will flake. Once you have cooked one side, flip the salmon and cook the other side for 2-3 minutes. Add remaining sauce.
7. Once the salmon is cooked, add the veggies in and toss together gently. Cover and allow to cook for 2-3 minutes.
8. Remove from heat and garnish with sesame seed and sliced green onion.

References:

- <https://asimplepalate.com/blog/almond-butter-banana-oatmeal/>
- <https://www.eatingwell.com/recipe/259822/chickpea-quinoa-buddha-bowl/>
- <https://www.cookinwithmima.com/teriyaki-salmon-stir-fry/>
- <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>