



SIMPLE MEAL IDEAS THAT SUPPORT YOUR WELLNESS

Welcome! This guide is designed to give you simple, balanced meal and snack ideas that can support your energy, health, and overall well-being without requiring hours of prep, expensive ingredients, or giving up foods you enjoy. These are not rigid meal plans or “perfect” meals — they are simply realistic ideas that you can mix, match, and personalize based on your preferences, lifestyle, schedule, and needs.

Balanced Breakfast Ideas

Balanced breakfasts can help support energy, fullness, focus, and consistency throughout the day. Not everyone eats breakfast, and that is just fine. If you enjoy eating breakfast or if it aligns with your goals, these are some quick and easy options:

- Greek yogurt parfait with berries, granola, and nut butter (my favorite is almond butter!)
- Eggs with toast and fruit
- Oatmeal – you can add nuts, cinnamon, fruit, chia seeds, brown sugar, etc
- Protein smoothie – my go-tos are strawberry banana or banana peanut butter with chocolate protein powder
- Toast with avocado and cottage cheese (try adding some Everything Bagel Seasoning – YUM)
- Breakfast burrito – there are many variations you can try! (potatoes, eggs, cheese, salsa, mushrooms, ham, etc.)
- Frozen waffles with peanut butter and banana
- Overnight oats – oats, milk, yogurt, chia seeds (there are many combinations + topping to experiment with)
- Bagel sandwich with eggs + ham or cream cheese
- Kodiak cake pancakes/muffins/waffles (so underrated!)

Easy Lunch Ideas

Lunch does not need to be complicated to support your wellness; in fact, I try to keep it as easy as possible. Simple, balanced meals that include a mix of protein, carbohydrates, healthy fats, and fiber can help keep you energized and satisfied throughout the day.

- Homemade deli sandwich with fruit and veggies
- Chicken salad with crackers or chips
- Bowl with rice, chicken, veggies, and sauce (I often make a Mexican bowl – rice, chicken, black beans, corn, tomatoes, lettuce, and cilantro lime dressing)
- Leftovers from dinner
- Rotisserie chicken with microwave rice and frozen vegetables
- Snack plate/lunchable style meal with cheese, crackers, fruit, veggies, hummus, and ham/turkey
- Soup and sandwich combo
- Pasta salad with chicken
- Go out to eat! Try adding in a fruit/veg side

Simple Dinner Ideas

Dinner can be nourishing, enjoyable, and realistic all at the same time. Some nights may involve cooking from scratch, while others may rely on convenience foods, leftovers, or takeout — all of those can still fit into a healthy diet.

- Sheet pan chicken, potatoes, and roasted vegetables (right now I'm making this with chicken sausage and it's delicious!)
- Tacos or burrito bowls
- Fried rice with frozen vegetables, ham, and eggs
- Stir fry with noodles, frozen vegetables, and ground pork
- Top Ramen with ground pork, a fried egg, green onions, and hot sauce (a staple at our house on busy nights)
- Pasta with protein and a side salad
- Salmon, rice, and broccoli
- Slow cooker chicken shawarma with pita bread (load it up with lettuce and bell peppers!)
- Homemade burgers with potatoes and fruit
- Slow cooker soup or chili
- Breakfast for dinner
- Frozen meal paired with vegetables or fruit
- Order in! Try adding a fruit/veg side

Nutritious Snack Ideas

Snacks are an optional part of your day, but for some people, they are game-changing. Opting for a snack that is satiating and nutritious will help you feel full, energized, and focused until your next meal.

- Apples and/or pretzels with peanut butter
- Trail mix
- Cheese sticks and crackers
- Protein bar (G2G are my very favorite!)
- Hummus, pretzels, and/or carrots/celery
- Yogurt cups – you can add some fruit or granola
- Fruit and nuts (at our house, we try to buy one different fruit each week to mix it up!)
- Popcorn
- Smoothie
- Cottage cheese and fruit or vegetables (have you ever tried cottage cheese + granola? SO yummy)
- Dark chocolate and almonds
- Toast with peanut butter or avocado

Some of My Favorite Treats

Flexibility, balance, social experiences, and favorite treats are all part of sustainable wellness, not something you need to “earn.” I have tried enough “healthy desserts” to know that I like the normal treats better, haha. Now, I fit my favorite treats into my healthy diet.

- Chocolate ice cream bars – the ones from Costco are delicious
- Dark chocolate
- Donuts
- Homemade chocolate chip cookies
- Loaded popcorn – pop some popcorn, then add your favorite goodies! (M&M's, sour candy, etc.)
- [Insert your favorite treat here]

A Quick Reminder ✨

Healthy eating does not have to look perfect to make a difference. Small choices add up over time, and balance will always be more sustainable than extremes. Some meals will be homemade, some may come from a drive-thru, and some days will feel easier than others — that is normal.

Focus on nourishment, consistency, flexibility, and finding an approach that realistically supports *your* life.

Disclaimer: These meal and snack ideas are intended for general wellness education and inspiration only and are not individualized medical advice, nutrition advice, or meal plans. Every person's nutritional needs, preferences, activity levels, health conditions, and goals are different. This should not be used in place of medical advice or consulting a doctor or dietitian. Please adjust portions, ingredients, and meal frequency based on what works best for your body and consult a qualified healthcare professional when implementing a new diet.