

Intuitive Eating Meal Planning Guide

Considering these 3 important factors will help to set you up for success!

1. Time Constraints

- **Choose what fits with your day:** quick assemble meals, leftovers, or a simple take-out option are all forms of “real” nourishment; great for busy nights. Meals with more prep/cook time are better suited for evenings with fewer commitments.
- **Reduce decision fatigue:** keep a short list of go-to recipes for meals/snacks that you enjoy and can rotate when you’re tight on time.
- **Plan for the hard moments:** identify one “low-energy” meal/snack you can rely on when time or capacity is limited.

My realistic cooking time most days is: _____ minutes

2. Variety and Balance

- **Aim for a mix:** include foods that help with energy, fullness, and enjoyment (not “perfect” nutrition). Bring in the help of others in the home – it does not have to be just one person’s job to sort out what to consume!
- **Gentle structure:** think “add something” (protein, fiber, color, or a satisfying fat) rather than “cut something out.”
- **Keep it doable:** variety can be as simple as switching one item (fruit, grain, or protein) from day to day.

One food I want to include more often is: _____

3. Satisfaction

- **Check in:** what sounds appealing right now or for the days ahead? What level of hunger are you starting with or might you be at, given your schedule and daily demands?
- **Make it satisfying:** consider taste, temperature, texture, and a comfortable place to eat when possible. How long will you have in between your current and next window for nourishment - what foods will keep you satisfied and full for this time gap?
- **Notice your cues:** pause partway through if you can—what does your body need to feel comfortably full?

What I want my meals to feel like (e.g., comforting, light, hearty): _____

Closing note: This is a flexible starting point—not a strict plan. Your needs can/will change day to day, and that’s okay. If you’d like support adapting this guide to benefit you further, consider booking an appointment!