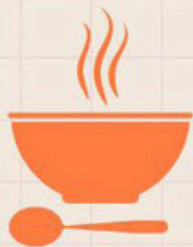




**SHARING A MEAL TO HEAL:**

Food for the **Soul**



— NATIONAL  
MINORITY QUALITY  
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Center for  
Sustainable Health Care  
Quality and Equity





# Acknowledgments



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A heartfelt thank you to Cora Carter for not only discovering these incredible recipes but also for bringing them to life. Your effort in preparing each dish and proving that healthy, balanced eating can be both delicious and satisfying is truly inspiring. Through creativity and care, you have shown that nourishing our bodies doesn't mean sacrificing flavor—it simply requires a little imagination in the kitchen.



To everyone who contributed in ways big and small—whether by offering guidance, taste-testing, or simply sharing encouragement—your support has helped shape this book into a resource that will empower many to take control of their health while still enjoying every bite.

***“Gracious words are like a honeycomb, sweetness to the soul and health to the body.” (Proverbs 16:24)***



# Ark Church Cookbook

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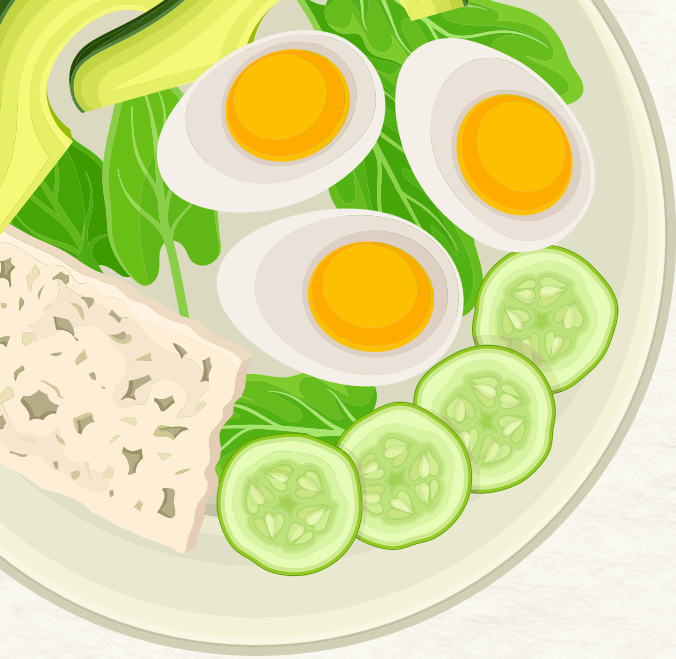
# The Hunger Scale

*This hunger scale serves as a reminder that we don't need to wait until we're "starving" to eat. Instead, aim to follow your meal schedule when you feel "a little hungry" to better regulate both the quality and quantity of your food intake. Similarly, we don't need to eat until we're "about to explode," but rather until we feel comfortably satisfied. This approach supports better digestion and nutrient absorption.*



	10   Extremely stuffed, nauseous
	9   Stuffed, very uncomfortable
	8   Overfull, somewhat uncomfortable
	7   Full, but not uncomfortable
	6   Satisfied, but could eat a little more
	5   Starting to feel hungry
	4   Hungry, stomach growling
	3   Uncomfortably hungry, distracted, irritable
	2   Very hungry, low energy, weak and dizzy
	1   Starving, no energy, very weak





# HUNGRY FOR MORE?

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