



BUILD A BETTER BOWL

STEP 1:

LAY THE BASE

1 cup for hot / As much as you want for cold

HOT

- Brown rice
- Farro
- Quinoa
- Wheat berries

COLD

- Spring mix greens
- Baby spinach leaves
- Arugula
- Chopped cabbage



STEP 2:

ADD SOME VEGGIES

1-2 cups

HOT

Roasted veggies:

- Mushrooms
- Cauliflower
- Brussel sprouts
- Sweet potato

COLD

Crunchy veggies:

- Cherry tomato
- Cucumber
- Green pepper
- Corn



STEP 3: PROTEIN POWER

2-3 ounces

HOT

- Grilled shrimp
- Black beans
- Fried egg

COLD

- Chickpeas
- Chicken tenders
- Flaked tuna



STEP 4:

DRIZZLE DRESSING

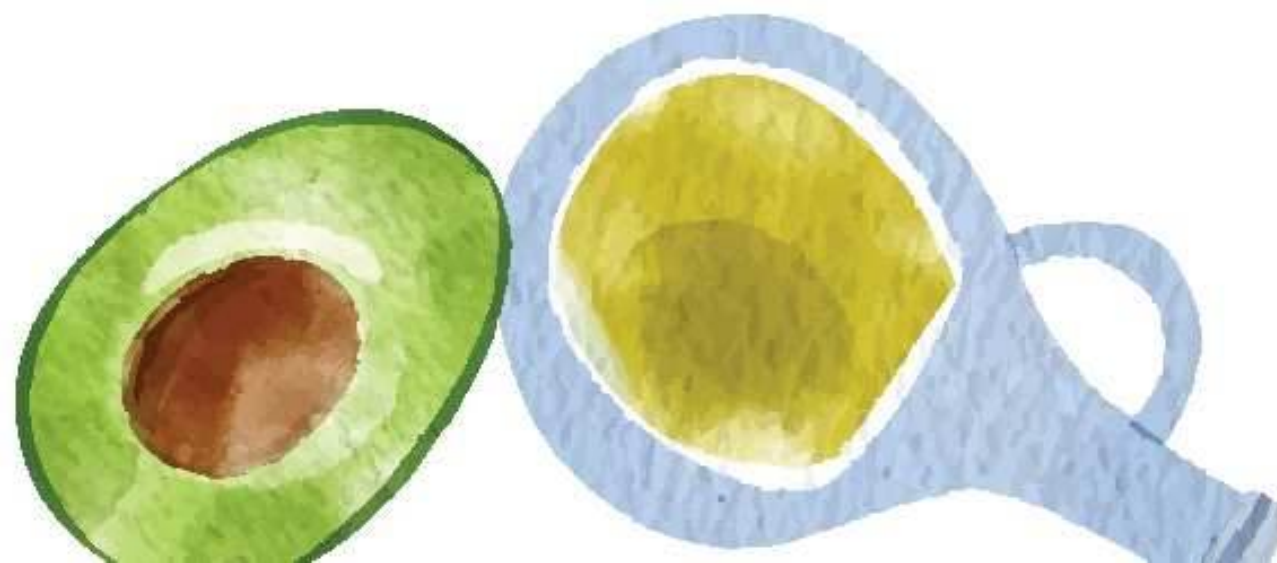
2 Tbsp

HOT

- Lemon tahini dressing
- Peanut dressing
- Guacamole

COLD

- Olive oil and vinegar
- Balsamic vinaigrette



STEP 5:

ADD SOME CRUNCH!

2 Tbsp

- Sesame seeds
 - Pumpkin seeds
 - Pistachios
- Sunflower seeds
 - Chopped walnuts
 - Pomegranate seeds



STEP 6: FLAVOR BOOST

2 Tbsp

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| <ul style="list-style-type: none">• Grated parmesan• Fresh herbs:
(oregano, thyme)• Dried cranberries• Pickled red onions | <ul style="list-style-type: none">• Crumbled feta cheese• Fresh herbs:
(basil, cilantro)• Golden raisins• Sliced green onions• Squeeze of lime |
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ENJOY!