

How to Create a Well-Balanced Bowl



LEAFY GREENS
1+ cup raw or lightly cooked

+



QUALITY PROTEIN
3-5 oz animal protein
1/2-1 cup plant protein

+



LOTS OF VEGGIES
1+ cup raw, roasted or steamed

+



CARBOHYDRATES
1/2-1 cup
>3 g fiber

+



HEALTHY FATS
cook with these oils or add as toppings

+



TOPPERS
optional flavor enhancers

spinach

kale

romaine

arugula

swiss chard

mustard greens

spring mix

cabbage

fish: salmon, tuna, sardines, cod, etc.

eggs

beans/lentils:
edamame, garbanzo, black, kidney etc.

tofu

shellfish: shrimp, scallops, etc.

veggie burger

chicken or turkey

broccoli

carrots

bell peppers

cucumbers

zucchini

snap peas

tomatoes

radish

green beans

cauliflower

TIP: Buy pre-washed greens, pre-cut veggies, or prepared options from the grocery store salad bar.

cup quinoa

cup brown rice

cup sweet potato

cup squash

millet, farro, buckwheat

beans/lentils:
edamame, garbanzo, black, kidney

corn

peas

TIP: Buy pre-cut squash or pre-cooked grains, found in the grocery store freezer section.

1/4 avocado

5 olives

2 T walnuts

1 T nut butter

1 T seeds: flax, chia, hemp, pumpkin, sesame, etc.

2 T hummus

1 T salad dressing

1 oz cheese

1/2 T avocado oil, olive oil, ghee, or butter

TIP: Keep nuts and a few quality dressings on hand.

fresh herbs: mint, parsley, cilantro, chives, etc.

fermented veggies:
sauerkraut, kimchi

nutritional yeast

vinegar: balsamic, apple cider, red wine

lemon and lime juice

spices and spice blends

tzatziki

salsa

sriracha or hot sauce

TIP: Keep a few spice blends on hand for an extra flavor boost.

Tip: Buy pre-washed and chopped greens that are ready to go.

Tip: Buy prepared options from the hot bar at the grocery store.

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Bowls are a simple way to assemble a meal utilizing already prepared food or ingredients you have in your pantry. A mix of quality protein, complex carbohydrates, leafy greens and other vegetables, as well as healthy fats will provide you with energy and help you feel fuller for longer! Utilize different fresh herbs, spices and sauces to jazz them up throughout the week. For example:

<> Romaine + 1/2 cup black beans + 1 cup peppers & red onion + 1/2 cup sweet potato + 2 T salsa + lime juice

<> Spring mix + 4 oz chicken + 1 cup sliced tomatoes & cucumbers + 1/2 cup quinoa + 2 T feta cheese + 1 T balsamic vinegar

<> Cabbage slaw + 1/2 cup edamame + 1 cup roasted broccoli & peppers + 1/2 cup brown rice + 2 T peanut sauce

<> Spinach + 1/2 cup chickpeas + 1 cup roasted broccoli & carrots + 1 cup wild rice + 1/2 T tahini

<> Arugula + 4 oz salmon + 1 cup tomatoes, cucumber & red onion + 1/2 cup quinoa + 1/4 avocado + lemon juice

