# How to Create a Balanced Bowl

<table>
<thead>
<tr>
<th>LEAFY GREENS</th>
<th>PROTEIN</th>
<th>VEGETABLES</th>
<th>CARBOHYDRATE (STARCH)</th>
<th>HEALTHY FATS</th>
<th>TOPPERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup raw or lightly cooked</td>
<td>3 to 5 oz animal protein or ½ to 1 cup plant protein</td>
<td>1 cup raw, roasted or steamed</td>
<td>½ to 1 cup</td>
<td>1 to 2 tbsp to cook with or as topping</td>
<td>optional flavor enhancers</td>
</tr>
</tbody>
</table>

- **LEAFY GREENS**
  - spinach
  - kale
  - romaine
  - arugula
  - swiss chard
  - mustard greens
  - spring mix
  - cabbage
  - Buy pre-washed or chopped greens.

- **PROTEIN**
  - fish (e.g. salmon, tuna, sardines, cod)
  - eggs
  - beans (e.g. garbanzo, black, kidney)
  - lentils
  - edamame
  - tofu
  - shrimp
  - veggie burger
  - chicken
  - turkey
  - Buy prepared options from the hot bar at the grocery store.

- **VEGETABLES**
  - broccoli
  - carrots
  - bell peppers
  - cucumbers
  - zucchini
  - snap peas
  - tomatoes
  - radish
  - green beans
  - cauliflower
  - Buy frozen, pre-washed greens, pre-cut veggies, or prepared options from a grocery store salad bar.

- **CARBOHYDRATE (STARCH)**
  - quinoa
  - brown rice
  - sweet potato
  - squash
  - millet
  - farro
  - kasha
  - oatmeal
  - beans
  - lentils
  - corn
  - peas
  - Buy pre-cut squash or precooked grains, found in the grocery store freezer section.

- **HEALTHY FATS**
  - avocado
  - olives
  - nuts (e.g. walnuts, peanuts)
  - nut butter
  - seeds (e.g. flax, pumpkin, sesame)
  - hummus
  - salad dressing
  - cheese
  - oil* (e.g. olive oil)
  - Keep nuts and a few quality dressings on hand.

- **TOPPERS**
  - fresh herbs (e.g. mint, parsley, cilantro, chives)
  - fermented veggies (e.g. sauerkraut, kimchi)
  - nutritional yeast
  - vinegar (e.g. balsamic, apple cider)
  - lemon and lime juice
  - spices and spice blends
  - tzatziki
  - salsa
  - sriracha or hot sauce
  - Keep a few spice blends on hand for an extra flavor boost.

*½ to 1 tbsp portion
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Bowl ingredients:

LEAFY GREENS: 1 cup raw or lightly cooked

PROTEIN: 3 to 5 oz animal protein or ½ to 1 cup plant protein

VEGETABLES: 1 cup raw, roasted or steamed

CARBOHYDRATE (STARCH): ½ to 1 cup

HEALTHY FATS: to cook with or add as toppings

TOPPERS: optional flavor enhancers

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 add variety throughout the week.

For example:

- Romaine + ½ cup black beans + 1 cup peppers & red onion + 1 cup sweet potato + salsa + lime juice (to taste)
- Spring mix + 4 ounces chicken + 1 cup sliced tomatoes & cucumbers + ½ cup quinoa + 2 tablespoons feta cheese + balsamic vinegar
- Cabbage slaw + ½ cup edamame + 1 cup roasted broccoli & peppers + ½ cup brown rice + 2 tablespoons peanut sauce
- Spinach + ½ cup chickpeas + 1 cup roasted broccoli & carrots + 1 cup wild rice + ½ tablespoons tahini
- Arugula + 4 ounces salmon + 1 cup tomatoes, cucumber & red onion + ½ cup quinoa + ¼ avocado + lemon juice