

How to Create a Balanced Bowl



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

1 to 2 tbsp to cook with or as topping

+



TOPPERS

optional flavor enhancers

spinach

kale

romaine

arugula

swiss chard

mustard greens

spring mix

cabbage

fish

(e.g. salmon, tuna, sardines, cod)

eggs

beans

(e.g. garbanzo, black, kidney)

lentils

edamame

tofu

shrimp

veggie burger

chicken

turkey

broccoli

carrots

bell peppers

cucumbers

zucchini

snap peas

tomatoes

radish

green beans

cauliflower

quinoa

brown rice

sweet potato

squash

millet

farro

kasha

oatmeal

beans

lentils

corn

peas

avocado

olives

nuts

(e.g. walnuts, peanuts)

nut butter

seeds

(e.g. flax, pumpkin, sesame)

hummus

salad dressing

cheese

oil*

(e.g. olive oil)

*½ to 1 tbspportion

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

Buy pre-washed or chopped greens.

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

Buy frozen, pre-washed greens, pre-cut veggies, or prepared options from a grocery store salad bar.

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

Keep nuts and a few quality dressings on hand.

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



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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

