

BUILD A BOWL

(HOT OR COLD)

BASES:

Shredded romaine, cabbage, mixed greens, swiss chard, kale, arugula, veggie noodles, cauliflower rice, microgreens/sprouts

WHOLE FOOD CARBS:

Potato, sweet potato, ancient grain (farro, quinoa, millet, sorghum), brown rice, acorn/butternut squash, dried beans

CHOPPED VEGGIES:

Cucumber, marinated artichoke, broccoli, cauliflower, peppers, onions, tomato, sundried tomato, shaved brussel sprouts, beets, zucchini, squash, asparagus, radish, snap peas

LEAN PROTEINS:

Chicken, salmon, white fish, eggs, lean steak, ground turkey, pork, beans, lentils, tempeh



HEALTHY FATS:

Nuts, seeds, tahini, avocado, hemp seeds/hearts, olives, olive oil, avocado oil

ADD-ONS

Fruits, kimchi/sauerkraut, goat cheese, pesto sauce, hummus, salsa, lemon juice, homemade dressings (lemon basil, cilantro lime, etc.), quality store-bought dressing



DIRECTIONS:

Start with a base of greens, layer with plenty of veggies, protein, and a whole food carb. Top with healthy fat and add-ons for additional flavor.