



Build a Better BOWL





HAVE YOU GOTTEN TIRED OF MAKING THE SAME SALAD EVERY NIGHT?

Ever struggled to create a meal for yourself that includes lots of veggies, wholesome grains, AND protein that still tastes good? Try creating a salad bowl or grain bowl. If you use our guide below, you will never run out of delicious combinations to try. Use our pick-and-choose options as a fun place to start!

Tips & Tricks

- Have fun mixing and matching hot and cold elements. All of them can work in either column!
- Choose fresh, unprocessed whole food ingredients.
- Choose contrasting elements – mix up colors, tastes and textures.
- Plan ahead with your meal prep.
- Roast a variety of vegetables ahead of time so they are ready to reheat whenever you want them!
- Cook a large pot of whole grains to last you the week.
- Lightly toasting nuts & seeds brings out their flavor.
- Keep in mind that while all these ingredients are healthy – some are higher in calories (nuts, seeds, fruits, cheeses, dressings) and carbs (grains, fruit) so add them in moderation.

STEP 1: LAY THE BASE



1 cup for hot
As much as you want for cold

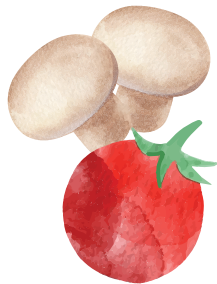
HOT

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 A DRESSING



2 Tbsp

HOT

Lemon tahini dressing*
Peanut dressing*
Guacamole

COLD

Olive oil and vinegar
Balsamic vinaigrette*
Avocado slices

STEP 5: ADD SOME CRUNCH!



2 Tbsp

HOT

Sesame seeds
Pumpkin seeds
Pistachios

COLD

Sunflower seeds
Chopped walnuts
Pomegranate seeds

STEP 6: FLAVOR BOOST



2 Tbsp

HOT

Grated parmesan
Fresh herbs:
(oregano, thyme)
Dried cranberries
Pickled red onions*

COLD

Crumbled feta cheese
Fresh herbs:
(basil, cilantro)
Golden raisins
Sliced green onions
Squeeze of lime

**recipe included*



RECIPES

LEMON TAHINI DRESSING

2 ½ Tbsp fresh lemon juice

1 clove garlic, minced

¼ tsp salt

⅓ cup olive oil

3 Tbsp tahini

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1. *In a medium bowl, whisk together lemon juice, garlic and 1/4 teaspoon salt.*
 2. *Let sit for 1 minute*
 3. *Whisk in oil, a few drops at a time, until emulsified.*
 4. *Whisk in tahini and set aside.*

150 calories per 2 tablespoon serving



RECIPES

BALSAMIC VINAIGRETTE

¼ cup balsamic vinegar

¼ cup extra virgin olive oil

1 Tbsp honey *(optional)*

2 tsp Dijon mustard

1 clove garlic, minced

½ tsp herbs *(such as dried thyme)*

Salt and pepper *(about ¼ tsp each)*

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1. *Place all ingredients in a jar.*
 2. *Shake vigorously to combine.*
 3. *Once smooth, taste and add more seasonings if needed.*

110 calories per 2 tablespoon serving



RECIPES

PEANUT DRESSING

¼ cup peanut butter

2 Tbsp sesame oil

2 Tbsp rice wine vinegar

1 Tbsp soy sauce

1 lime, juiced

1 clove garlic, minced

1 tsp fresh ginger, minced

1 tsp sriracha *(optional)*

2 Tbsp warm water

1. Whisk together all ingredients until combined and smooth.

95 calories per 2 tablespoon serving



RECIPES

PICKLED RED ONIONS

1 red onion, thinly sliced

½ cup apple cider vinegar

1 Tbsp sugar

1 ½ tsp salt

1 cup hot water

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1. *Place sliced onions in a jar with a lid.*
 2. *Combine vinegar, salt, sugar, and water.*
 3. *Stir to dissolve sugar and salt.*
 4. *Pour over the onions making sure they are all covered.*
 5. *Let sit for an hour.*
 6. *Cover and store in the fridge for up to three weeks.*

20 calories per ¼ cup serving