

Build A Bowl Guide

Filled with Fiber and Nutrition!

Start with a Base

- Rice - Brown, White, Wild
- Quinoa
- Oven Roasted Potatoes
- or Sweet Potatoes
- Mixed Greens

Add Greens - unlimited!

- Spinach
- Kale, raw or sauteed
- Broccoli, raw, baked, steamed
- Brussel Sprouts, roasted
- Green Beans, sauteed
- Cauliflower
- Zucchini
- Carrots
- Onion - white, red or green
- Corn
- Tomatoes
- Cabbage - red or green
- Cucumber
- Brussle Sprouts
- Mushrooms
- Peppers
- Sprouts
- Avocado
- Any other not on this list!

Add Protein - 2-3 ounces

- Beans, black, white, kidney
- Lentils
- Chickpeas
- Grass fed beef, chicken, fish
- Egg
- Tofu or Tempeh raw or roasted



Add Some Crunch

- Slivered almonds,
- Chopped walnuts
- Apples or Pears
- Pumpkin seeds
- Sesame seeds
- Chia seeds

Add a Little Something Extra

- Kimchi
- Sauerkraut
- Olives
- Lemon Juice
- Nutritional Yeast
- Dulse or Nori Flakes
- Hummus
- Hot Sauce
- Fresh Herbs
- Homemade Vinaigrette