

# POWER BOWLS

## SOUL BOWL

Serving Size	1
Calories	465
Protein	26
Carbs	65
Fat	20

## VITALITY BOWL (W/O MILK)

Serving Size	1
Calories	420
Protein	8
Carbs	75
Fat	12

## NOURISH BOWL (WITH EGG AND GREENS)

Serving Size	1
Calories	340
Protein	16
Carbs	20
Fat	25

## NOURISH BOWL (WITH EGG, RICE OR QUINOA)

Serving Size	1
Calories	580
Protein	24
Carbs	60
Fat	28