



HOW TO MAKE A NOURISH BOWL

					
LEAFY GREENS <i>2-3 handfuls, raw or lightly cooked</i>	OTHER VEGGIES <i>1 cup, raw, steamed or roasted</i>	PROTEIN <i>½ - 1 cup</i>	FIBER-RICH CARBS <i>½ - 1 cup</i>	HEALTHY FATS <i>limit 1-2 to toppings</i>	TOPPERS <i>flavor elements</i>
arugula	artichoke hearts	beans: garbanzo, black, kidney	whole grains: quinoa, brown rice, millet, farro	avocado (¼)	lemon/lime juice
spinach	broccoli	lentils	sweet potato	olives (5)	fresh herbs: mint, parsley, cilantro, chives
kale	cauliflower	edamame	winter squash	nuts: walnuts, almonds, pistachio (1 Tbl.)	nutritional yeast
lettuce	carrots	organic tofu	corn	seeds: pumpkin, hemp, sesame (1 Tbl.)	vinegar: balsamic, apple cider, white
Swiss chard	bell pepper	organic tempeh	peas	hummus (2 Tbl.)	spice blends
shaved brussel sprouts	cucumber		fruit: berries, apples, oranges	dressing (1 Tbl.)	salsa
spring mix	green beans				
shredded cabbage	red onion				
	zucchini				
	summer squash				
	snap peas				
	tomatoes				

Nourish bowls are a simple way to assemble a meal utilizing already prepared food or ingredients you have in your pantry. A mix of dark leafy greens, protein, complex carbohydrates, vegetables, and healthy fats will provide you with energy and help you feel fuller for longer. Try different herbs, spices and sauces to add variety throughout the week.

Burrito Bowl

Romaine + grilled peppers + roasted sweet potato + black beans + salsa, cilantro, & lime juice

Mediterranean Bowl

Arugula + chopped tomato, cucumber, & red onion + garbanzo beans + quinoa + avocado + lemon juice

Asian Peanut Bowl

Massaged kale (with lime juice) + sliced cucumber & shredded carrots + edamame + brown rice + chopped peanuts + lime juice

Tofu Nicoise

Bibb lettuce + steamed green beans & sliced tomato + baked tofu + steamed new potatoes + sliced olives + Dijon dressing

Tahini Bowl

Spring mix + roasted broccoli & cauliflower + farro + lentils + mint & lemon tahini dressing