



## HOW TO MAKE A NOURISH BOWL



### LEAFY GREENS

2-3 handfuls, raw or lightly cooked

arugula  
spinach  
kale  
lettuce  
Swiss chard  
shaved brussel sprouts  
spring mix  
shredded cabbage



### OTHER VEGGIES

1 cup, raw, steamed or roasted

artichoke hearts  
broccoli  
cauliflower  
carrots  
bell pepper  
cucumber  
green beans  
red onion  
zucchini  
summer squash  
snap peas  
tomatoes



### PROTEIN

½ - 1 cup

beans: garbanzo, black, kidney  
lentils  
edamame  
organic tofu  
organic tempeh



### FIBER-RICH CARBS

½ - 1 cup

whole grains: quinoa, brown rice, millet, farro  
sweet potato  
winter squash  
corn  
peas  
fruit: berries, apples, oranges



### HEALTHY FATS

limit 1-2 to toppings

avocado (¼)  
olives (5)  
nuts: walnuts, almonds, pistachio (1 Tbl.)  
seeds: pumpkin, hemp, sesame (1 Tbl.)  
hummus (2 Tbl.)  
dressing (1 Tbl.)



### TOPPERS

flavor elements

lemon/lime juice  
fresh herbs: mint, parsley, cilantro, chives  
nutritional yeast  
vinegar: balsamic, apple cider, white  
spice blends  
salsa

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