



HOW TO BUILD A POWER BOWL

Also sometimes known as a Buddha Bowl, but regardless is meant to fuel you through healthy, energy dense foods



CHOOSE & COOK A WHOLE GRAIN

Not all bowls need to start with grains, but can add complex carbohydrates and proteins to your dish.



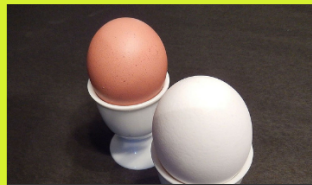
GREENS

Greens like spinach, kale, swiss chard, beet greens, boston bibb, romaine, arugula, or a mix adds volume, fiber, nutrients, and a variety of flavors.



VEGETABLES

Mix and match a variety of vegetables so that your bowl is colorful—think a rainbow! Different colors add different phytonutrients to your diet. Try some raw and some cooked in the same dish



PROTEIN

Lean proteins, animal based or not, can add flavor, texture, and nutrients. Try beans, tofu, tempeh, egg whites, poultry, or fish!



TOPPINGS

Nuts, seeds, herbs, avocado, salsa, dressings, olive oil, hummus, lemon juice, or cheeses are great toppings to add depth of flavor, healthy fats, texture, and visual appeal. Just be sure to watch your portions!



PACK FOR LATER OR ENJOY NOW

Layer your ingredients either in a bowl, mason jar, or other reusable container. If you're taking your meal on the go, reserve any dressing in another container to keep the ingredients fresh.