

# Protein-Packed Bowls

## Plant-Based Edition



### Step 1: Build Your Base

*A focus on whole grains will provide protein, fiber, vitamins and minerals.*

- Rice
- Quinoa
- Faro
- Bulgur
- Buckwheat
- Whole wheat couscous
- Whole wheat noodles
- Millet
- Amaranth
- Wild rice
- Spelt
- Teff

1/4  
plate

### Step 3: Exciting Additions

*Enhance nutrition and flavor by adding a few of these additions.*

- Almonds
- Hemp hearts
- Cashews
- Sunflower seeds
- Sesame Seeds
- Dried apricots
- Pomegranate seeds
- Dried Cranberries
- Olives
- Walnuts
- Raisins
- Fresh herbs
- Peanuts

1-  
2 tbsp

### Step 2: Topping Time

*Choose at least one from each list to create a balanced meal.*

#### Proteins

1/4  
plate

- Chickpeas
- Edamame
- Lentils
- Tofu
- Black beans
- Tempeh

#### Veggies

1/2  
plate

- Leafy greens
- Tomatoes
- Cucumber
- Avocado
- Carrots
- Cauliflower

### Step 4: Dress It Up

1-  
2 tbsp

*Add a dressing to complement your ingredients.*

- Sesame tahini dressing
- Honey lemon vinaigrette
- Greek vinaigrette
- Green goddess dressing

