

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 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 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 tsp -
1 tbsp

Step 4: Dress It Up

1 tsp -
1 tbsp

Add a dressing to complement your ingredients.

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

