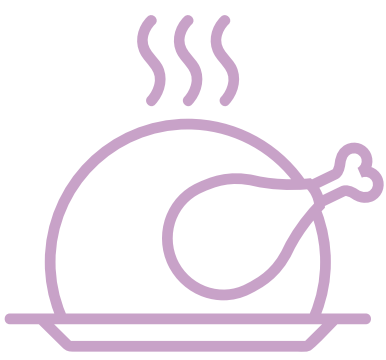
HOW TO MAKE A BOWL

START WITH GRAIN OF CHOICE

Place 1/2 cup-1 cup of gain of choice in a bowl. Based on your nutritional needs or level of activity. My favorites are quinoa/ brown rice or any ancient grain. Short on time? Use a grain pouch like Seed of Change & you'll be ready in 90 seconds.

ADD PROTEIN

Add 4 oz of chicken, turkey, tofu, or fish of choice. Protein can be prepped ahead of time and easily added to any meal for a burst of nutrients

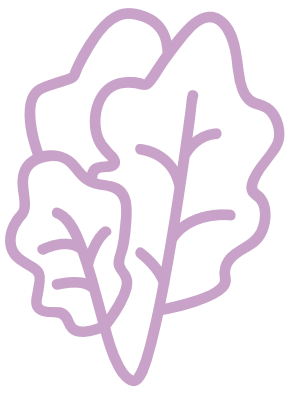


ADD VEGGIES/ FRUIT

Add in any cooked veggies you have in your fridge or fruit you'd like to include. I love adding sweet potatoes, broccoli, brussel sprouts and mangos to my bowls

ADD SAUCE/ DRESSING

Add 2 Tablespoons of sauce or dressing to your bowl. Choose flavors that go well with the protein, veggies or fruit you have already put on.



ADD RAW VEGGIES

Add raw veggies to the top of your bowl for some color and an extra vitamin/ mineral burst. Eat the rainbow! I love to add microgreens, spinach, jicama or shaved carrots. The possibilities are endless

EAT

Try your bowl and let me know what your favorite combination is, there are so many options! I love to go with a southwest flavor profile or asian!

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