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, sajra, 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.