

BUILD A Better-For-You BOWL

INGREDIENTS

WHOLE GRAINS & STARCHY VEGETABLES

brown rice, quinoa, barley, noodles
corn, potato, roasted yam, butternut squash

BEANS & LEGUMES

black, pinto, kidney, cannellini, or garbanzo beans
edamame, peas, lentils

GREENS & VEGGIES: SAUTEED OR RAW

spinach, kale, arugula, peppers, tomatoes, cucumbers
broccoli, cauliflower, carrots, zucchini

PROTEIN

poultry, beef, pork, fish, shellfish, eggs
tofu, tempeh, seitan, veggie burger

FLAVOR

salsa, hot sauce, vinegar, lemon/lime, soy sauce
mustard, garlic, herbs & spices

& A LITTLE FAT

avocado, sour cream or greek yogurt, cheese, butter
oil, nuts/seeds, mayo, salad dressing

SHRIMP STIR-FRY

brown rice
edamame
broccoli, peppers
shrimp
soy, garlic, ginger
sriracha

CAPRESE PASTA

whole grain pasta
tomato, basil
grilled chicken
fresh mozzarella
olive oil
balsamic

NICOISE

red potato
green beans, tomato
tuna
hard-boiled egg
thyme, olives
vinaigrette

ROASTED WINTER VEGGIE

yam
brussel sprouts
cauliflower
pork tenderloin
rosemary
cranberries

SHRIMP N GRITS

grits or polenta
grilled shrimp
roasted tomato
wilted spinach
cheddar cheese

SQUASH N KALE

butternut squash
lentils
kale
chicken thigh
thyme
goat cheese

HOISIN BBQ

soba noodles
sliced pork
red pepper
mushroom
hoisin sauce
green onion

STEAK FAJITA

brown rice
pinto beans
flank steak
peppers & onions
salsa
avocado

MEDITERRANEAN SALMON

quinoa
cucumber
tomato
salmon
tzatziki

BREAKFAST BURRITO

rice & corn
black beans
poached egg
hot sauce
cheese
avocado