



HOW TO MAKE A NOURISH BOWL



LEAFY GREENS

2-3 handfuls, raw or lightly cooked

arugula
spinach
kale
lettuce
Swiss chard
shaved brussel sprouts
spring mix
shredded cabbage



OTHER VEGGIES

1 cup, raw, steamed or roasted

artichoke hearts
broccoli
cauliflower
carrots
bell pepper
cucumber
green beans
red onion
zucchini
summer squash
snap peas
tomatoes



PROTEIN

½ - 1 cup

beans: garbanzo, black, kidney
lentils
edamame
organic tofu
organic tempeh



FIBER-RICH CARBS

½ - 1 cup

whole grains: quinoa, brown rice, millet, farro
sweet potato
winter squash
corn
peas
fruit: berries, apples, oranges



HEALTHY FATS

limit 1-2 to toppings

avacado (¼)
olives (5)
nuts: walnuts, almonds, pistachio (1 Tbl.)
seeds: pumpkin, hemp, sesame (1 Tbl.)
hummus (2 Tbl.)
dressing (1 Tbl.)



TOPPERS

flavor elements

lemon/lime juice
fresh herbs: mint, parsley, cilantro, chives
nutritional yeast
vinegar: balsamic, apple cider, white
spice blends
salsa

Nourish bowls are a simple way to assemble a meal utilizing already prepared food or ingredients you have in your pantry. A mix of dark leafy greens, protein, complex carbohydrates, vegetables, and healthy fats will provide you with energy and help you feel fuller for longer. Try different herbs, spices and sauces to add variety throughout the week.

Burrito Bowl

Romaine + grilled peppers + roasted sweet potato + black beans + salsa, cilantro, & lime juice

Mediterranean Bowl

Arugula + chopped tomato, cucumber, & red onion + garbanzo beans + quinoa + avacado + lemon juice

Asian Peanut Bowl

Massaged kale (with lime juice) + sliced cucumber & shredded carrots + edamame + brown rice + chopped peanuts + lime juice

Tofu Nicoise

Bibb lettuce + steamed green beans & sliced tomato + baked tofu + steamed new potatoes + sliced olives + Dijon dressing

Tahini Bowl

Spring mix + roasted broccoli & cauliflower + farro + lentils + mint & lemon tahini dressing