

Bowl Meals

The delicious possibilities of Bowl Meals is endless! Bowls can be served hot, cold, or with a mix of the two. Follow the four easy steps below to create quick and satisfying meals with little prep work.

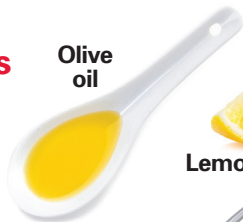
4 Condiments and Toppings



Vinegar



Peanuts



Olive oil

Lemon



Greek yogurt

Italian seasoning



Oregano



Slivered almonds



Cheddar cheese



Hummus



Salsa

3 Protein: 1 handful, 1/2 cup, or 4 ounces



Hummus



Yogurt



Black beans



Garbanzo beans



Chicken breast



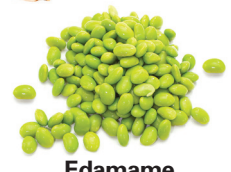
Eggs



Canned tuna



Fish



Edamame

2 Vegetables and Fruits: 2 handfuls



Berries



Broccoli



Mushrooms



Tomatoes



Onions



Carrots



Peppers



Zucchini



Summer squash

1 Base: 2 handfuls



Whole wheat pasta



Lettuce



Brown rice



Cooked oats



Quinoa



Spinach

Ingredients for Life

Bowl Meals Benefits

- Great way to use up leftovers or other items on-hand.
- Easy to prep or cook in advance for meals later in the week.
- Use ingredients that require minimal cooking for the simplest meals.
- Many bowls can be made totally heat free, making them perfect for times you do not have access to a full kitchen.
- Time saving. A great bowl meal can come together in just minutes.
- Customizable. Use what you've got on hand and your imagination to customize your own bowls.
- Boost vegetable and whole grain consumption.

4 Condiments and Toppings

Mediterranean Bowl



Lemon vinaigrette



Chickpeas



Spinach

Tomatoes



Broccoli



Brown rice

Smoothie Bowl



Granola



Sliced almonds



Greek yogurt



Frozen berries



Spinach and cooked oats

Burrito Bowl



Shredded cheese



Salsa



Greek yogurt



Black beans



Lettuce



Tomatoes



Peppers and onions



Quinoa

3 Protein: 1 handful, 1/2 cup, or 4 ounces

2 Vegetables and Fruits: 2 handfuls

1 Base: 2 handfuls