

HOW TO BUILD A BALANCED BOWL

CHOOSE ONE ITEM FROM EACH CATEGORY

VEGGIES

Roasted Broccoli
Bell Peppers
Cherry Tomatoes
Sautéed Mushrooms
Red Onions
Carrots
Cabbage
Leafy Greens
Cucumber
Zucchini

FLAVOUR BOOST

Salad Dressing
Kimchi
Pesto
Hummus
Citrus Juice
Tahini



HEALTHY FATS

Sliced Avocado
Chopped Nuts
Sunflower Seeds
Pumpkin Seeds
Olives

PROTEIN

Beans
Tofu
Lentils
Chickpeas
Eggs
Salmon
Grilled Chicken

STARCHES

Roasted Sweet Potatoes
Brown Rice
Quinoa
Barley
Freekeh
Wheat Berries
Buckwheat