

Build a Bowl

LifeStyle
MEDICAL CENTERS

Select a starch



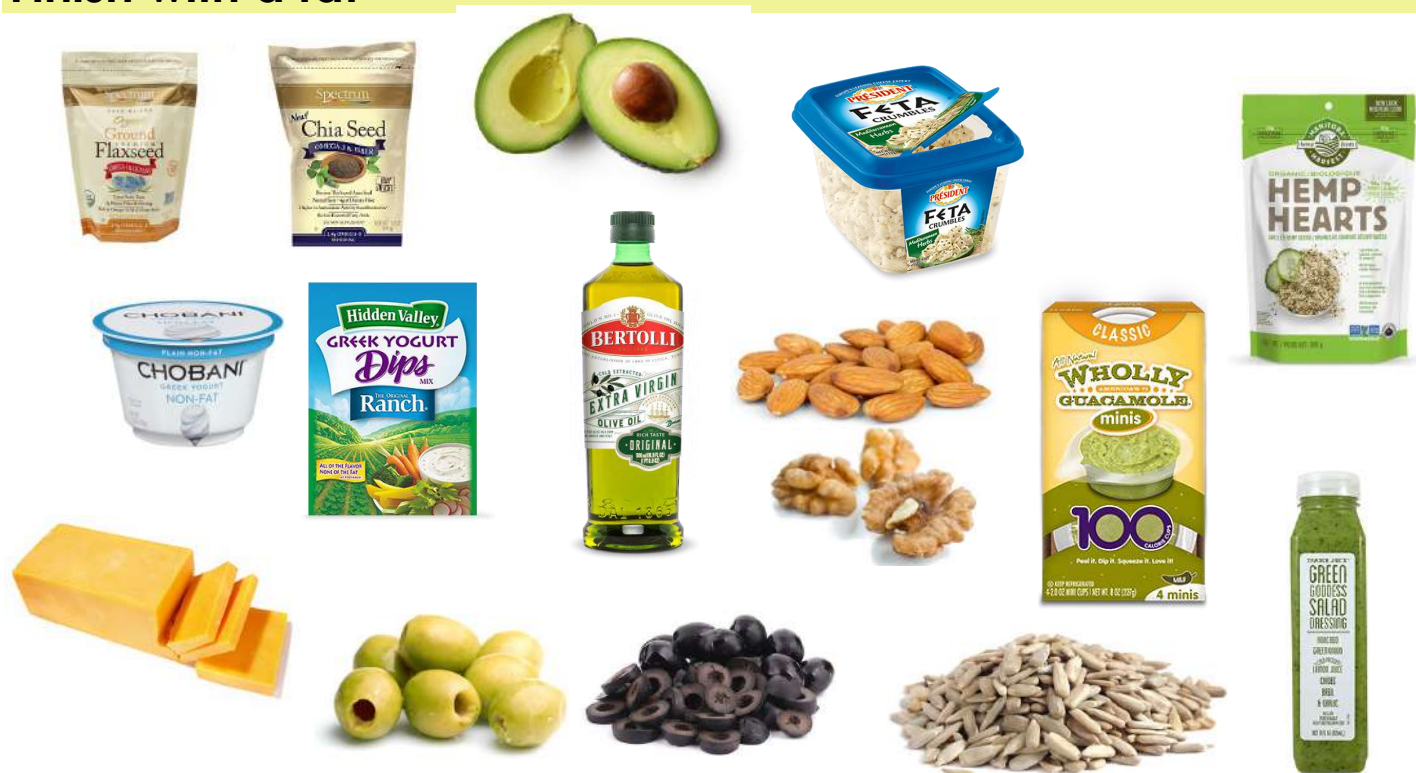
Pick a protein



Add volume with veggies



Finish with a fat



Extras



Combo ideas

- **Tex-Mex:** beans and corn, chicken, tomatoes, avocado, cheese, cilantro, plain Greek yogurt
- **Thanksgiving:** potatoes or mashed cauliflower, brussels sprouts, turkey breast, almonds, raisins
- **Asian Fusion:** brown rice or riced cauliflower, chicken, edamame, broccoli, teriyaki or soy sauce
- **Mediterranean:** quinoa, fish, mixed greens, feta, olives, hummus, olive oil and vinegar, spices
- **Breakfast:** grits, egg, turkey sausage crumbles, spinach, low fat cheddar, hot sauce
- **Shepherd's pie:** potatoes or mashed cauliflower, lean beef, peas and carrots

Tips:

- Enjoy bowls hot or cold
- Make several ahead of time for leftovers
- Use meal leftovers as bowl ingredients
- Involve the family: take turns picking a theme or let each member choose an ingredient
- Remember the Plate Method: a little protein, a little starch, LOTS of veggies