

Let's lunch and learn!

September 2025

If you participate in the State Health Plan, you can find a nutritionist near you by logging into your Aetna account.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit www.shpnc.org to learn more.

For future Worksite Wellness Lunch and Learn events or recordings of previous events, visit oshr.nc.gov/wellness-webinars.



Build-a-Bowl

Make Meal Prep More Fun!

By Katie Godin, RD, LDN

LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy



Katie Godin, RD, LDN



Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

- Lifestyle Medical Centers offers nutrition counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management

<https://lifestylemedicalcenters.com/>



Why Meal Prep?

- 1.) Save time:** Preparing meals in advance reduces cooking time throughout the week.
- 2.) Eat healthier:** Control the ingredients and portions to ensure balanced, nutritious meals.
- 3.) Reduce waste:** Meal prepping helps you use ingredients efficiently and avoid spoilage.

Building healthy bowls can be a great addition to your meal prep routine!



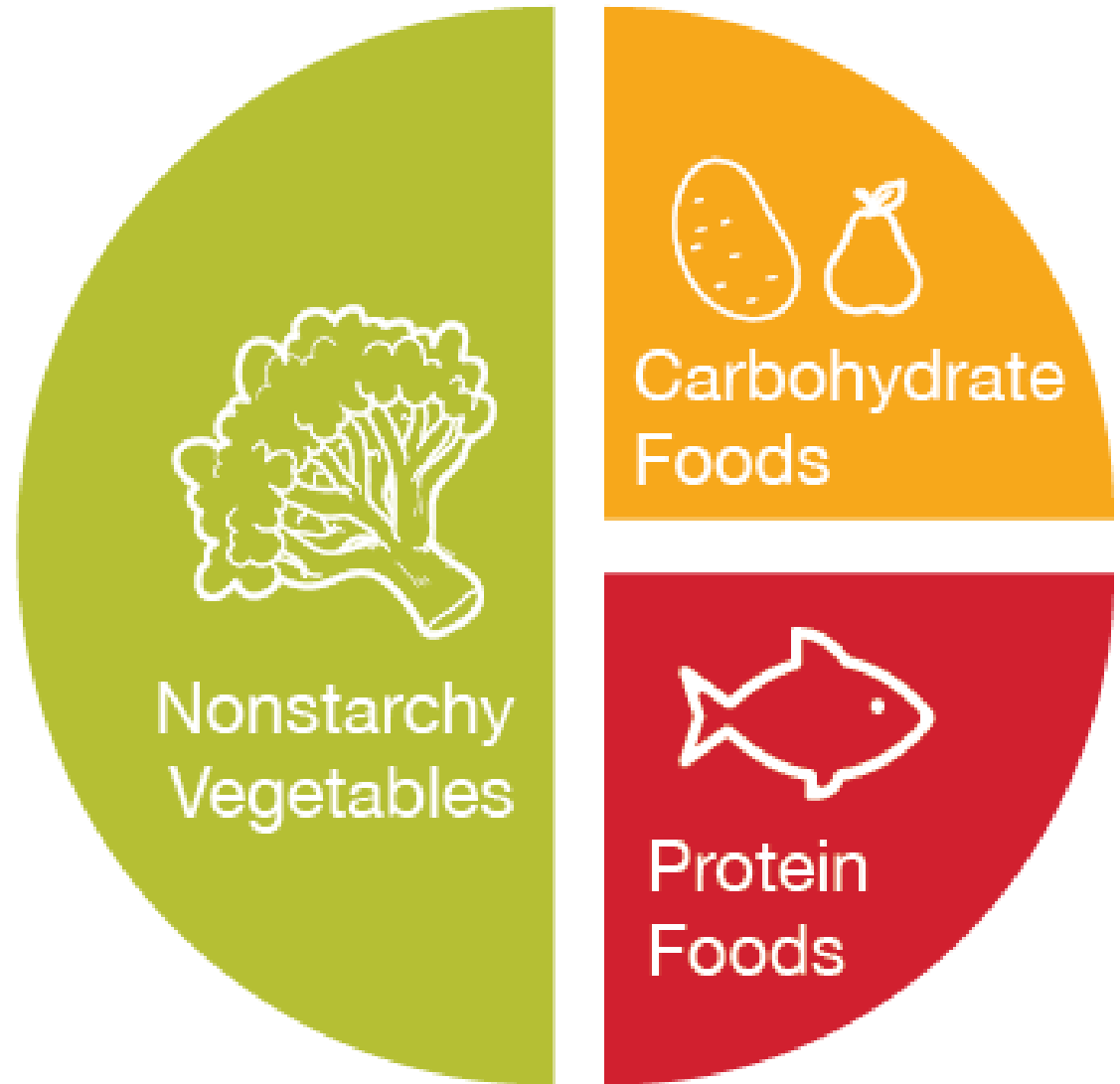
Key Components to a Healthy Bowl Recipe



- **Base (Carbs):**
 - Provide energy and keep you full.
 - Examples: Brown rice, quinoa, sweet potatoes, farro, or beans.
- **Protein:**
 - Vital for muscle repair and keeping you full longer.
 - Examples: Grilled chicken, tofu, salmon, chickpeas, tempeh, boiled eggs, edamame.
- **Veggies (Fiber & Nutrients):**
 - Veggies add color, nutrients, and fiber to the bowl.
 - Examples: Roasted broccoli, spinach, kale, bell peppers, cucumbers, salad greens, or sweet corn.
- **Healthy Fats:**
 - Essential for absorption of fat-soluble vitamins and overall health.
 - Examples: Avocado, olive oil, nuts, seeds, hummus, or guacamole.

Keeping Ingredients Portioned : Plate Method Style

- **50% Veggies:** Aim to fill half your bowl with colorful vegetables.
- **25% Protein:** This is typically a portion size of about 3-4 oz.
- **25% Carbs:** A small serving to ensure energy, like ½ cup of rice or ½ medium sweet potato.
- **A Dash of Healthy Fats:** Add a handful of nuts, a drizzle of olive oil, or a few slices of avocado.



Ways to Enhance Flavors

- **Sauces & Dressings:** Adding a sauce or dressing brings life to the meal.
 - Examples: Tahini dressing, olive oil with lemon and garlic, sriracha, or a simple balsamic vinaigrette. Bolthouse Farms and Primal Kitchen are great dressing brands.
- **Herbs & Spices:** These make the meal more exciting and flavorful.
 - Examples: Fresh parsley, cilantro, cumin, paprika, garlic powder, or chili flakes.
- **Toppings:** A sprinkle of seeds, nuts, or even some cheese for texture and flavor.
 - Examples: Sunflower seeds, sesame seeds, pumpkin seeds, feta cheese, or a boiled egg.



Meal Prepping Tips for Creating Healthy Bowls

- **Batch Cook:** Cook large quantities of proteins, grains, and veggies in bulk. Store them in separate containers to make assembling your bowls easy.
- **Use Multi-purpose Ingredients:** Choose ingredients that can work in multiple meals to reduce shopping time (e.g., use quinoa in a salad, a bowl, or as a side).
- **Keep it Simple:** Stick to 3-4 main ingredients that you can rotate throughout the week.



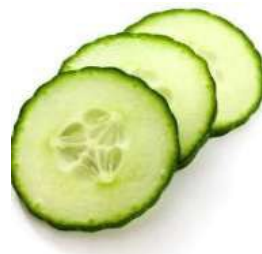
Protein Options



Carb Options



Veggie Options



Healthy Fat Options



Healthy Bowl Meal Ideas!



Chicken and Quinoa Bowl

Chicken & Quinoa Power Bowl:

- Grilled chicken breast
- Quinoa
- Roasted sweet potatoes and steamed broccoli
- Drizzle of lemon-tahini dressing

<https://www.loveandlemons.com/tahini-dressing/>

<https://www.eatingwell.com/recipe/261288/chicken-quinoa-veggie-bowl/>



Vegetarian Buddha Bowl

Vegetarian Buddha Bowl:

- Roasted chickpeas
- Brown rice
- Sautéed spinach, shredded carrots
- Avocado, shredded carrots
- Sesame-ginger dressing

<https://elavegan.com/vegan-buddha-bowl-roasted-chickpeas/>



Salmon and Avocado Bowl

- **Salmon & Avocado Bowl:**

- Baked salmon
- Farro
- Cucumber
- Cherry tomatoes
- Squeeze of lime or dressing of choice.



<https://fortheloveofgourmet.com/salmon-and-farro-grain-bowls/>



Let's Cook! Make Ahead Breakfast Bowls

[Make-Ahead Breakfast Bowls - Easy and Hearty](#)

