

BUILDING A BALANCED BOWL





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BUILD A BALANCED BOWL

No. 1 Base

quinoa
brown rice
millet
cauliflower rice
wild rice

No. 2 Healthy Fats

avocado
olives
coconut, avocado, olive oil
nuts and seeds
nut and seed butter
meat and fish

No. 3 Protein

legumes
chicken
fish
lean beef or pork
tofu or tempeh

BUILD A BALANCED BOWL

No. 4 Carbs

sweet or white potato

corn

beans

grains (see bases)

No. 5 Veggies

tomatoes

bell peppers

peas

carrots

broccoli

cauliflower

brussel sprouts

radish

asparagus

zucchini

mushrooms

leafy greens

BUILD A BALANCED BOWL

No. 6 Add-Ons

fresh fruit
sauerkraut
seaweed
nutritional yeast
apple cider vinegar
kimchi

No. 7 Flavour

hummus
apple cider vinegar
balsamic vinaigrette
tahini, oil, lemon
tamari and almond butter
pesto
tomato sauce
coconut milk, oil, lemon, garlic

balanced plate

25% protein



25% carbs



50% veggies



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