



Healthy Body | Healthy Mind | Healthy Family | Healthy Community

## Build Your Nourishing Bowl

Bowls are a perfect combination of nutrition, flavour, texture and convenience. Here are a few ground rules to create a perfectly balanced bowl:

- Always have a source of protein
- Use at least 3 different coloured vegetables
- Add something crunchy
- Use a delicious sauce/dressing
- Adding a grain is optional - if you do use one, use 1/3 cup cooked.
- For convenience, prepare vegetables for more than one meal. For example, grate a few extra carrots, wash extra lettuce, make a big bowl of caramelized onions, etc.

### Directions to build your bowl

#### Start with your base:

- Steamed kale
- Romaine lettuce (or other lettuce)
- Steamed broccoli
- Brown rice, wild rice
- Quinoa
- Amaranth
- Rice noodles
- Sweet potato noodles
- Buckwheat noodles

#### Add a protein:

- Chicken
- Beef
- Fish
- Shrimp
- Egg (if tolerated)
- Marinated Tofu or Tempeh (if you tolerate soy)
- Black beans
- Chickpeas
- Lentils

#### Add some vegetables:

- Grated carrots
- Grated or roasted beets

- Roasted sweet potatoes
- Steamed broccoli
- Chopped cucumber
- Avocado
- Caramelized onions
- Roasted Brussels sprouts
- Purple cabbage
- Leafy greens
- Etc

*Prepare some of these in advance and keep in your fridge. For example, roasted vegetables, grated carrots and/or beets and caramelized onions can be prepared and stored in glass containers in the refrigerator for the week.*

**Add something crunchy:**

- Sunflower sprouts
- Nuts and/or seeds
- Roasted chickpeas

**Add a dressing:**

Freshly squeezed lemon or lime juice with olive oil  
Olive oil and balsamic vinegar  
Soul Satisfying Dressing

\*Visit: [www.reneepurdy.com/kitchen](http://www.reneepurdy.com/kitchen) to see more recipes!