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Lunch

Bowls

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Build Your Own Nourish Bowl

maple + mango



varies



10 minutes

INGREDIENTS

BASE:

- Leafy Greens (e.g. spinach, kale, arugula, mixed baby greens, romaine, leaf lettuce, swiss chard, sprouts, microgreens, etc.)

TOP WITH:

- Veggies: raw, roasted or grilled (e.g. carrots, cucumber, cabbage, zucchini, beets, mushrooms, peppers, radish, broccoli, cauliflower, snap peas, green beans, asparagus, etc.)
- Protein (e.g. nuts, seeds, beans, lentils, quinoa, tempeh, tofu, eggs, fish, quality meat*, etc.)
- Whole Food Carbs (e.g. sweet potatoes, quinoa, rice, corn, squash, whole grains, wild rice, beans, peas, etc.)
- Healthy Fats (e.g. avocado, nuts, seeds, olives, olive oil, tahini, salmon, etc.)

ADD-ONS:

- Options include: homemade or quality store-bought dressings or sauces, fermented veggies like sauerkraut or kimchi, nuts, seeds, hemp hearts, salsa, hummus, fruit, cheese, guacamole, pesto, nutritional yeast, fresh lemon juice, herbs, spices, seasonings, etc.



INSTRUCTIONS

1. Base of Leafy Greens:

- a. Start off by placing a couple handfuls of leafy greens in your bowl.

2. Top with Veggies + Protein + Carbs + Healthy Fats:

- a. Add a variety of nutrient dense veggies, protein, carbs and healthy fats. You can sprinkle them on top or arrange them in neat little piles or stripes.

3. Finish It Off With Add-Ons:

- a. Drizzle, scatter or scoop on some delicious add-ons to bring it all together.

California Roll Sushi Bowl

Simply Homecooked



4 servings



25 minutes

INGREDIENTS

1 1/2 cups dry Sushi Rice

2 cups water

1/4 cup seasoned rice vinegar Marukan

1/4 cup Japanese mayonnaise

2 teaspoons sriracha

8 oz imitation crab chopped into small pieces

1/2 cup diced English cucumber

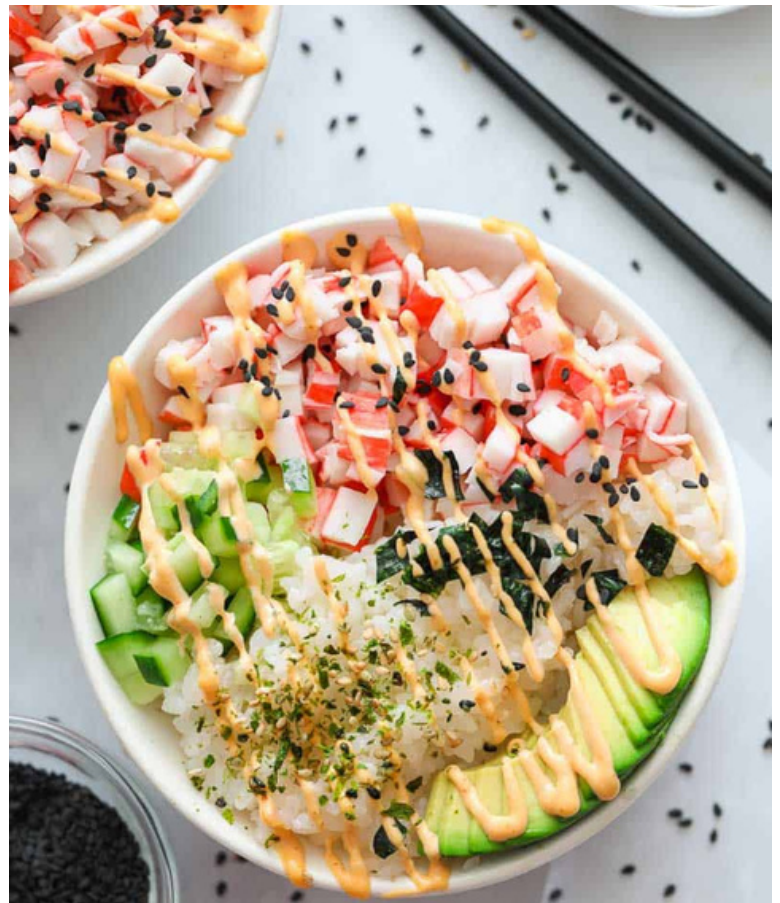
1-2 nori sheets chopped or crumbled into small pieces

1 large avocado peeled and sliced

Black and toasted sesame seeds for garnish

1/4 cup low-sodium soy sauce for serving

Nori Furikake



INSTRUCTIONS

1. Start off by rinsing 1 1/2 cups of sushi rice in a mesh sifter. Once the rice is well rinsed, add it to your rice cooker along with 2 cups of water. Then turn on the rice cooker.
2. Once the rice is cooked transfer it to a rimmed baking sheet.
3. Then pour 1/4 cup seasoned rice vinegar over the rice and fold it in. You want to use a rice paddle to do this. Make sure be gentle with the rice and not mash it up. Then let the rice cool completely.
4. Then make your spicy Mayo by combining 1/4 cup Japanese mayonnaise with 2 teaspoons sriracha.
5. Now chop cup 8 ounces of leg style imitation crab meat and 1/2 cup of English cucumber. You can also break up a few pieces of Nori (dried seaweed).
6. Now add the cooled sushi rice to a bowl, along with the chopped crab, cucumber, and sliced avocado. Then drizzle on the spicy mayonnaise, and top with chopped nori, sesame seeds, and furikake.

NUTRITIONAL INFORMATION

Calories 402

Fat 18g

Protein 10g

Sugars 3g

Carbohydrates: 73g

Healthy Chicken Fajita Rice Bowl

Yellow Bliss Road



4 servings



25 minutes

INGREDIENTS

1 pound chicken breast tenderloins

2 cups cooked rice white or brown rice, Mexican rice, Cilantro rice

1 poblano pepper sliced thin

1 red pepper sliced thin

1 small onion sliced thin

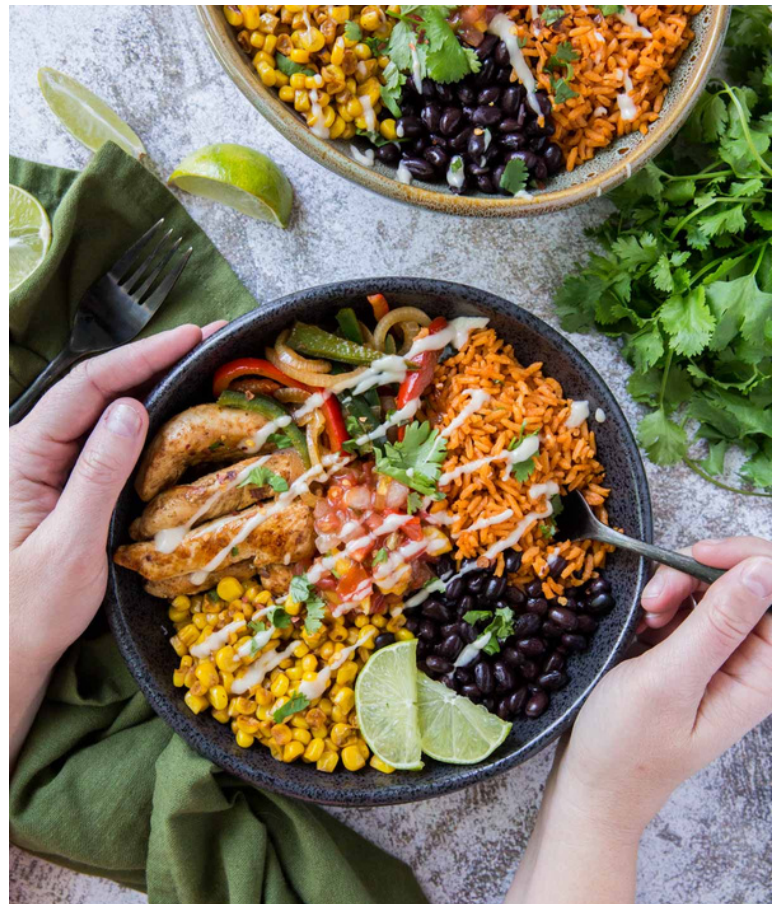
15 ounce canned black beans drained and rinsed

15 ounce canned corn drained

1 tablespoon fajita seasoning

1 tablespoon oil

Optional ingredients: shredded cheese, sour cream, avocado, salsa, limes



INSTRUCTIONS

1. Preheat a large skillet to medium high heat and add oil. Season chicken, onions, and peppers with half of the fajita seasoning.
2. When skillet is hot, add the chicken, peppers, and onions. Cook 3-4 minutes per side, or until chicken is cooked through. Transfer chicken and vegetables to a plate and cover with foil to keep warm.
3. To the same skillet, add corn and black beans with the remaining fajita seasoning. Cook, stirring frequently, until warmed through.
4. Assembly:
 - a. Fill bowls with rice, then top with chicken, onions, peppers, corn, and black beans. Add additional toppings as desired, like sour cream, salsa, avocado and a squeeze of lime.

NUTRITIONAL INFORMATION

Calories 466

Fat 9g

Protein 36g

Sugars 3g

Carbohydrates: 60g

Mediterranean Steak Bowl

The Real Food Dietitians



4 servings



45 minutes

INGREDIENTS

For the Bowls:

- 1 lb. flank steak (may substitute NY strip or sirloin steak)
- 1 pint (10 ounces) grape or cherry tomatoes
- ½ medium red onion, peeled and cut into 1-inch pieces
- 1 head romaine lettuce, chopped (~10-12 cups)
- 1 large cucumber, chopped
- ⅓ cup pitted kalamata olives, sliced
- 1 cup garlic hummus (or store-bought hummus of choice)
- ½ cup crumbled feta cheese
- Skewers for veggies
- 2 tsp. oil of choice (such as avocado oil or olive oil)
- Lemon wedges and/or torn fresh mint leaves for garnish (optional)

For the Herbed-Yogurt Dressing:

- 1 cup plain yogurt
- 1 Tbsp. olive oil or avocado oil
- Juice of ½ lemon
- 1 large clove garlic, finely minced
- ½ tsp. dried oregano
- ½ tsp. dried dill
- ½ tsp. salt
- 2 tsp. chopped fresh mint (or ½ tsp. dried mint)



INSTRUCTIONS

To make the dressing:

1. Combine all dressing ingredients in a small bowl and whisk to combine. Store in the fridge until ready to use, up to 5 days.

To make the bowls:

1. Preheat grill to high heat (about 450 F).
2. Pat the steak dry with paper towels and sprinkle both sides with salt and pepper.
3. Thread cherry tomatoes and quartered onions onto skewers, brush with the oil, and sprinkle with salt and pepper.
1. When the grill is hot, place flank steak and tomato and onion skewers on the grill. Grill veggies, turning occasionally, for 5-8 minutes or until onions are softened and tomatoes start to blister.
2. Grill the steak for 4-5 minutes, then flip and grill an additional 4-5 minutes for medium-rare (6-7 minutes per side for medium) or until an instant-read thermometer reads 140°F for medium-rare or 150°F for medium.
3. Remove steak to a plate and cover loosely with another plate, or oil and allow steak to rest for 10 minutes before slicing thinly against the grain.
4. While the steak rests, divide the chopped romaine between 4 plates or shallow bowls. Top with sliced steak, grilled vegetables, hummus, chopped cucumbers, olives, and feta cheese.
5. Drizzle with Herbed-Yogurt Dressing and garnish with lemon wedges and/or torn fresh mint leaves.

NUTRITIONAL INFORMATION

Calories 500

Fat 28g

Protein 37g

Sugars 11g

Carbohydrates: 28g

Italian Chicken Meal Prep Bowl

A Savory Feast



5 servings



45 minutes

INGREDIENTS

2 tablespoons olive oil

1 small onion, diced

1 pint grape (or cherry) tomatoes

1 tablespoon minced garlic

2 cups fresh spinach leaves

1 cup shredded parmesan cheese

For the marinade:

- 1/4 cup olive oil
- 1 teaspoon each of basil, oregano and garlic powder
- 1/2 teaspoon each of salt and pepper
- 1 1/2 pounds boneless chicken breasts, cut into cubes



INSTRUCTIONS

1. After the chicken is marinated, heat the 2 tablespoons of olive oil in a large skillet over medium high heat. Brown the chicken on all sides.
2. Add in the onions and tomatoes and stir, then cover and cook for 3-5 minutes or until the onions are beginning to get tender and translucent.
3. Add in the minced garlic and spinach and stir. Cover and cook for 3-5 minutes or until the spinach is wilted and the chicken is cooked throughly.
4. Let cool and then divide into 5 containers and top each serving with shredded parmesan cheese. Refrigerate until needed and serve cold or warmed up.

For the marinade:

1. Combine the olive oil, basil, oregano, garlic powder, salt and pepper in a gallon ziploc bag and shake to combine.
2. Add the chicken to the bag and seal. Marinate for at least 15 minutes or up to 24 hours (put it in the refrigerator if marinating for longer than 15 minutes)

NUTRITIONAL INFORMATION

Calories 461

Fat 26g

Protein 51g

Sugars 1g

Carbohydrates: 6g