

## Technique and Ideas – Deelish Meal Bowls!

I love bowls – they are a fast way to crowd healthy foods into your meals. They are great for families – everyone gets to assemble what they like best – in just 3 fast steps: 1) fill your bowl, 2) add flavor, and 3) enjoy!

Plus bowls are a GREAT way to practice two important ideas that the program is teaching you:

1. Assemble your plate 2:1 – mentally divide your plate into thirds. And fill two parts with veggies, and one part with protein. And add some healthy fats with the dressing and sauce that you use to connect it all together!
2. Flavor Balance – every awesome dish has the mix of flavors (sweet, salty, sour and bitter), and textures (creamy, crunchy). Keep this in mind when you build your bowl!

### Step 1 – Create your Bowl

#### Base

Fill your bowl. Crowd in lettuce, greens, veggies.

#### You Choose (Ideas)

##### Lettuces

All are good but try and find dark leafy ones

##### Power Greens

Kale (thinly sliced), Spinach, Arugula, Sliced Bok Choy, Swiss Chard, Cooked Collard Greens

##### Veggie “Grains”

Riced Cauliflower, Zucchini Spirals

##### 100% Whole Grains

Keep grains to ¼ of a cup



#### Veggies

Add more veggies to bump up the nutrients!

#### You Choose (Ideas)

##### Raw

Carrots (shredded), Cabbage (shredded), Tomatoes, Cucumbers, Peppers, Your Choice

##### Roasted (350 for 20 min)

Sweet Potatoes, Cauliflower, Onions, Broccoli, Zucchini, Your Choice

##### Frozen (thaw in bowl of cold water for 3 min)

Broccoli, Cauliflower, Mixed Blends, Peas, Corn, Your Choice



#### Protein

Include protein to help you stay full and feel satisfied.

#### You Choose (Ideas)

##### From Plants

Beans & lentils (whole), Flavored bean & lentil dips, Nuts & Seeds (unsalted), Plant-based Meat Substitutes, Tofu, Edamame

##### From Animals

Eggs, Fish, Seafood, Turkey, Chicken, Lean Beef, Lean Pork, Lean Lamb

## Step 2 – Add Flavors (Sauce + Toppings)

Vinaigrettes + sauces + toppings are a GREAT way to connect the items in your bowl, add flavor and include healthy fats!

### Vinaigrettes

#### You Choose (Ideas)

Bottle dressings are good too. Just look for oil & vinegar based versions with less salt

Lemon dressing  
Balsamic dressing

Check out your “Technique and Ideas sheet – Making vinaigrettes” (Session 2)

### Sauces

#### You Choose (Ideas)

Bottle sauces are good too. Just use a little amount and look for ones with lower salt and sugar

Buffalo sauce  
Pesto  
Curry Sauces  
Asian dipping sauce  
Dressings (below)  
Mayo + hot sauce (mixed)  
Ranch Dressing  
Miso dressing  
Tahini dressing

### Toppings

#### You Choose (Ideas)

Sprinkle a little bit of these into your bowl to balance flavors

**Salty**  
Cheese, Olives, spreads

**Sweet**  
Mango, Fruits

**Creamy**  
Avocado, Cheese, Hummus

**Crunchy**  
Nuts & Seeds



## Sue's Favorite Flavor Combos

Greek: greens, veggies, chickpeas, feta cheese, olives, hummus, lemon vinaigrette

Mexican: greens, veggies, black beans, red pepper, corn, vinaigrette

Cobb: greens, veggies, avocado, cucumbers, tomatoes, chickpeas, blue cheese, vinaigrette + ranch dressing

Curry: greens, roasted veggies, chickpeas, vinaigrette + tikka masala sauce

Buffalo style: greens, veggies, celery, carrots, vinaigrette + buffalo sauce

Check out the program's “Global Flavoring Guide” for more ideas!

