

HOW TO BUILD A *Nourish Bowl*

1 VEGETABLES

- greens or kale
- shredded cabbage
- shredded carrots
- sauerkraut/kimchi
- roasted veggies
- artichoke
- beets
- squash
- peppers
- mushrooms
- radish
- cucumber
- tomato
- peas
- broccoli
- green/red onion
- sprouts
- fresh herbs

*maximize nutrients
with veggies*

*25-30g
(palm size)*

2 PROTEIN

- chicken or turkey
- beef, lamb, or pork
- fish or seafood (*fresh or canned*)
- quality dairy (*if tolerated*)
- hard-boiled egg
- tofu & edamame

3 HEALTHY FAT

- avocado
- quality dairy (*if tolerated*)
- olives
- nuts & seeds
- olive & avocado oil

4 WHOLE FOOD CARBS

- sweet potato
- quinoa
- rice
- millet
- amaranth
- beans
- chickpeas
- lentils
- fruit

5 SAUCE

- olive oil + apple cider vinegar + honey + mustard
- herbs + mayo + salt + pepper
- tahini + lemon juice + cumin
- plain yogurt + lemon juice + garlic
- your favorite homemade dressing
- clean store-bought dressing

*put all
ingredients in
a jar & shake
well*



HOW TO BUILD A *Vegan Nourish Bowl*

1 VEGETABLES

- greens or kale
- shredded cabbage
- shredded carrots
- sauerkraut/kimchi
- roasted veggies
- artichoke
- beets
- squash
- peppers
- mushrooms
- radish
- cucumber
- tomato
- peas
- broccoli
- green/red onion
- sprouts
- fresh herbs

*maximize nutrients
with veggies*



2 PROTEIN

- tofu
- edamame
- quinoa
- rice
- millet
- amaranth
- beans
- chickpeas
- lentils

*variety is key for getting all
amino acids*



3 HEALTHY FAT

- avocado
- vegan cheese
- olives
- nuts & seeds
- olive & avocado oil

4 WHOLE FOOD CARBS

- sweet potato
- whole grains
- beans & legumes
- apples & pears
- citrus
- dried fruit

*put all
ingredients
in a jar &
shake well*



5 SAUCE

- olive oil + apple cider vinegar + mustard
- herbs + vegan mayo + salt + pepper
- tahini + lemon juice + cumin
- vegan yogurt + lemon juice + garlic
- your favorite homemade dressing
- clean store-bought dressing

