

PLANTS AND SEEDS

B O W L  
*Combos*

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F O R   E V E R Y   D A Y  
O F   T H E   W E E K

P R O T E I N   > 30 G  
F I B E R   9 G - 15 G  
C A L O R I E S   < 450



PS  
*Plants and Seeds*

PLANT BASED NUTRITION

# Grilled Chicken Quinoa Kale Bowl



## INGREDIENTS

- 3.5 oz grilled chicken breast (~1 small breast)
- 1/4 cup cooked quinoa
- 1 cup chopped kale (raw)
- 1/2 cup cucumber + 1/4 cup cherry tomatoes
- 1 tbsp olive oil + lemon juice (dressing)
- 1/4 medium avocado (~1.5 oz)
- 1 tbsp hemp seeds

Calories: ~445 | Protein: 31g |  
Fiber: 10g

Add volume with more greens, arugula, radish, cucumber, cabbage. Add herbs, citrus, red pepper for flavor



# Salmon Spinach Sweet Potato Bowl



## INGREDIENTS

- 3 oz cooked wild salmon
- 1/4 cup roasted sweet potato (cubed)
- 1 cup fresh spinach
- 1/2 cup steamed broccoli
- 1 tbsp olive oil
- 1 tbsp tahini
- Lemon juice + herbs

~440 cal | 30g protein | 10g fiber

Add volume with more greens, radish, cucumber, cabbage. Add herbs, citrus, red pepper for flavor

# Turkey Avocado Cauliflower Bowl



## INGREDIENTS

- 3.5 oz cooked extra-lean ground turkey
- 1 cup cauliflower rice
- 1/2 avocado (about 1/2 cup or 2.6 oz)
- 1/2 cup shredded lettuce & tomato
- 1 tbsp olive oil
- Toppings: chopped cilantro + lime

Calories: ~430 | Protein: 30g |  
Fiber: 10g

Add volume with more greens, radish, cucumber, cabbage. Add herbs, citrus, red pepper for flavor



# Grilled Shrimp & Lentil Red Canbage & Arugula



## INGREDIENTS

- 3.9 oz grilled shrimp (about 12 large)
- 1/4 cup cooked lentils
- 1 cup arugula
- 1/4 cup chopped bell pepper
- 1 tbsp olive oil + 1 tsp lemon zest
- 1 tbsp pumpkin seeds
- 1 tbsp hummus

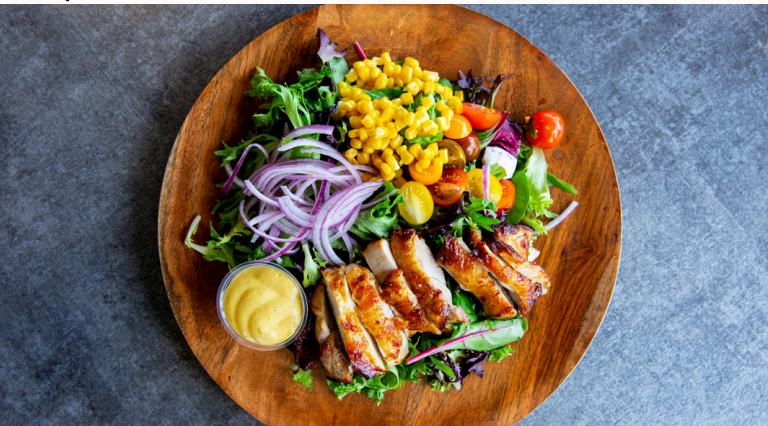
Calories: ~440 | Protein: 30g |  
Fiber: 10

Add volume with more greens, radish, cucumber, cabbage. Add herbs, citrus, red pepper for flavor, drizzle of Greek yogurt mixed with cumin & lime



# Fiesta Grilled Chicken

## Quinoa Bowl



### INGREDIENTS

- 4 oz grilled chicken breast
- 1/3 cup cooked quinoa
- 1/2 cup black beans
- 1/4 cup corn kernels –
- 1/4 cup fresh salsa –
- 2 cups romaine or mixed greens

Calories: ~430 | Protein: 47 |  
Fiber: 12

Add volume with more greens, radish, cucumber, cabbage, onions, tomatoes. Add herbs, citrus, red pepper for flavor

# Asian Bowl with Kelp Noodles, Edamame & Chicken



## INGREDIENTS

- 1 cup kelp noodles (rinsed and softened)
- 2 oz grilled chicken breast (sliced)
- 1 cup shelled edamame (steamed)
- ½ cup shredded carrots
- ½ cup sliced cucumber
- ¼ cup shredded red cabbage
- Toppings:
- 1 tsp sesame seeds
- 1 tbsp chopped green onion
- Dressing (1 serving):
- 1 tsp toasted sesame oil
- 2 tsp low-sodium soy sauce
- 1 tsp rice vinegar
- ½ tsp maple syrup or honey
- ½ tsp grated fresh ginger
- Optional: splash of lime juice or dash of garlic

Calories: ~445 |  
Protein: 30/ Fiber: 10

Add volume with more greens, radish, cucumber, cabbage, onions, tomatoes. Add herbs, citrus, red pepper for flavor

