

# Cheat Sheet: How to Build a Power Bowl

Eating healthy can be a challenge, especially if you don't plan ahead. But it doesn't have to be difficult! And what could be easier than putting together a healthy bowl?

*Mix 'n match!*

## VEGGIES

*Choose 2-3*

Avocado  
Broccoli  
Brussel Sprouts  
Carrots  
Cauliflower  
Cucumber  
Green Beans  
Green Onion  
Kale  
Microgreens  
Mushrooms  
Red Onion  
Red Pepper  
Spinach  
Roasted Sweet Potato  
Tomatoes

## GRAINS

*Choose 1*

Amaranth  
Barley  
Brown Rice  
Bulgar Wheat  
Farro  
Freekeh  
Millet  
Quinoa  
Spelt Berries  
Wheat Berries  
Whole Rye

## EXTRAS

*Choose 2-3*

Dried Fruit  
Fresh Fruit  
Fresh Herbs  
Nuts  
Olives  
Raisins  
Red Cabbage  
Seeds  
Sprouts

## DRESSING

*Choose 1*

Balsamic Dressing  
Coconut Aminos  
Green Goddess Dressing  
Hummus  
Liquid Aminos  
Sesame  
Tahini  
Peanut Sauce  
Pesto

## PROTEIN

*Choose 1-2*

Black Beans  
Chicken  
Chickpeas  
Edamame  
Lentils  
Pinto Beans  
Pork  
Salmon  
Tofu  
Tempeh