



# GRAIN BOWL W/ ROASTED VEGGIES, PROTEIN + GREENS

This is a build-a-bowl guide, so feel free to make one for yourself or a bunch for family!

## BASE:

At the beginning of the week whip up a batch of your favorite grains (one or more) and serve in bowls throughout the week (check package directions when cooking). **Farro, Black Rice, Freekah, Quinoa, Lentils and Brown Rice.**

## GREENS:

Wash your greens and have them ready to go whenever you're ready to create. We love **Kale** (massaged), **Collard Greens** (sauteed), **Cabbage, Arugula, Mixed Greens** or **Butter Lettuce.**

## VEGGIES:

Have your veggies ready to go by prepping them at the beginning of the week. Check "The Basics" on our "How To" roast different veggies. Our go-to's are **Sweet Potatoes, Beets, Broccoli, Mushrooms, Cauliflower** and **Carrots.**

## PROTEIN:

Grill up some **Halloumi**, poach an **Egg** or add a **Chicken** or **Turkey Breast!**

## TOP IT OFF WITH TEXTURE:

Finish your bowl with a little texture. Add **Almonds, Sunflower Seeds, Pepitas, Hemp Seeds** or **Walnuts!** Finish with your **favorite herbs**, a drizzle of olive oil, your **favorite dressing** and a sprinkle of salt and pepper.

## OUR FAVORITE COMBOS:

1. **HEART HALLOUMI BOWL:** Freekah, cabbage + butter lettuce, sweet potatoes + roasted tomatoes, halloumi, sunflower seeds, mint, dill and TAHINI DRESSING.
2. **FARRO BREAKFAST BOWL:** Farro, kale, mushroom + broccoli, egg, pepitas, parsley and TAHINI DRESSING
3. **ZESTY CHICKEN BOWL:** Brown rice, cabbage, avocado, tomatoes + carrots, chicken, almonds, mint, cilantro and GINGER DRESSING
4. **ROASTED VEG BOWL:** Quinoa, arugula, beets + cauliflower, turkey, pepitas, parsley and GREEN DREAM DRESSING

**SONG:** You Are the Best Thing by Ray LaMontagne