

Power Your Body Bowl

A meal in a bowl isn't new. Even the fussiest of eaters can create a healthy meal. Think about bowl creation like making your favorite pizza or tacos...you have a base, protein, and lots of toppings to choose from. Leftovers can make great bowls with the addition of extra items from the pantry as needed (such as canned artichokes, beans, etc.).

A meal should include foods that slow glucose absorption, are anti-inflammatory, heart healthy, provide antioxidants, a wide variety of vitamins and minerals, and probiotics. A nutrient-dense, filling, and delicious power bowl should include these elements: protein, fiber, low glycemic carbohydrates, and healthy fats.



Dig into your pantry and refrigerator, try out some new canned products I've recommended below, and use up those leftovers. Have fun putting together various combinations of foods.

Power Bowl Template:

✓ **Protein: 3-6 ounces**

Time saver: purchase quality canned products or use leftovers from dinner.

- **Land Animal:** [cooked beef](#), bison, [chicken](#), duck, eggs, pork, turkey, venison, etc.
- **Sea:** fish (especially [anchovy](#), herring, [kippers](#), [mackerel](#), [salmon](#), [sardines](#)), shrimp.
- **Vegetarian:** [beans](#), lentils, [Pumfu](#), [tempeh](#), tofu.

✓ **Vegetables & Fruit, non-starchy/low glycemic: 2 cups**

Time saver: purchase already prepared, frozen, or use leftovers.

- **Greens:** arugula, Bok choy, lettuces (not iceberg), kale, [sea vegetables](#) (nori, spirulina, dulse, hijiki, wakame, sea purslane, etc).
- **Crucifers:** broccoli, Brussels sprouts, cabbage, cauliflower (riced cauliflower is a nice alternative to grains as a base).
- **Colors:** artichokes, avocado, bell pepper, blueberries, carrots, celery, cucumber, pomegranate seeds, radish, strawberries, zucchini/zucchini noodles, etc.

✓ **Healthy Carbs: ½-1 cup**

- Starchy Vegetables: beet, peas, sweet potato, yam, winter squash.
- Gluten-free whole grains: brown rice, buckwheat groats, quinoa, GF steel cut or rolled oats, sorghum, etc.
- Gluten-containing whole grains: barley, farro, steel cut or rolled oats, etc.

✓ **Crunchy Toppings & Seasonings:**

Use seeds and nuts in moderation - about 1-2 tablespoons total; ferments – a big forkful or about ¼ cup.

- **Seeds:** pumpkin seeds, sunflower seeds
- **Nuts:** almonds, cashews, pecans, walnuts, etc.
- **Ferments/pickles:** [kimchi](#), [kraut](#), olives, pickled beets, etc.
- **Seasonings:** herbs: fresh or dried such as basil, cilantro, oregano, thyme, rosemary, etc. [Sea seasonings:](#) dulse, kelp, [toasted nori flakes](#).

✓ **Dressings/Sauces:**

- **Simple:** squeeze of lemon/lime or apple cider vinegar, extra virgin olive oil
- **Miso sauce:** ¼ cup white miso, 2 tablespoons tahini, ¼ cup freshly squeezed lemon juice, ¼ cup water, 1 tablespoon honey, ½ tsp turmeric powder. Whisk miso, tahini, honey, turmeric in a bowl. Add lemon juice and water and whisk. Taste and adjust.
- **Salad dressing:** Keep a variety of high-quality prepared salad dressings on hand such as [Primal](#) brand.

Note: I do not receive any kickbacks from the products recommended. These are all products I enjoy

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