

the mix + match

VEGGIE BOWL



Create your own nutrient-dense veggie bowl using some of the items from below. Never done this before? No worries, just follow the order of layering according to the diagram to the left. The measurements are meant to serve 1 person, yet you can easily double or even quadruple the portions to feed more (or have leftovers for the week).

1 Cook grains/seeds according to package to yield 1 cup when cooked. Use water or vegetable broth to cook the grains. If using vegetables, prepare as desired.

BASE: 1 CUP, COOKED



BARLEY



COUSCOUS



QUINOA



RICE



ROASTED SWEET POTATO NOODLES



RAW ZUCCHINI NOODLES

2 Prepare chosen veggies by chopping, dicing, etc.

ROASTED VEGETABLES: 1-2 CUPS



ASPARAGUS



BELL PEPPERS



BROCCOLI FLORETS



BRUSSELS SPROUTS



BUTTERNUT SQUASH



CARROTS

3 Toss vegetables with:

- 1 tbsp avocado/coconut oil
- 1 serving of Spice Blend
- *Curry*: 1 tsp
- *Southwestern*: 1 tsp
- *Teriyaki*: 1 Tbsp



CAULIFLOWER FLORETS



GREEN BEANS



ONION



SUMMER SQUASH



SWEET POTATO



ZUCCHINI

Roast on baking sheet at 400°F for 15-20 minutes, or until tender

SPICE BLENDS

Each blend makes 8 servings. Store in airtight container. Teriyaki sauce must be refrigerated.

CURRY | 2 1/2 TSP CURRY POWDER + 2 TSP TURMERIC + 2 TSP CUMIN + 1 TSP SALT + 1/2 TSP PAPRIKA

SOUTHWESTERN | 2 1/2 TSP CHILI POWDER + 1 TSP PAPRIKA + 1 TSP GARLIC POWDER + 1 TSP CUMIN + 1/2 TSP CAYENNE PEPPER + 1 TSP SALT + 1 TSP PEPPER

TERIYAKI | 8 TBSP TAMARI + 4 TBSP HONEY + 3 TBSP FRESH GINGER, GRATED + 2 CLOVES GARLIC, MINCED

4 Finely chop leafy greens.

LEAFY GREENS: 1/4 CUP



ARUGULA



CABBAGE



KALE



ROMAINE



SPINACH



SWISS CHARD

5 Add suggested protein and toppings, if desired

PROTEIN BOOST



WARMED BEANS



ROASTED NUTS



SAUTEED TEMPEH

TOPPINGS, OPTIONAL



AVOCADO



CILANTRO



CORN



OLIVES



SAUCES
(see Sauce Guide)



TOMATOES