



HOW TO BUILD A NOURISH BOWL

1 VEGETABLES

- greens or kale
- shredded cabbage
- shredded carrots
- sauerkraut/kimchi
- roasted veggies
- artichoke
- beets
- squash
- peppers
- mushrooms
- radish
- cucumber
- tomato
- peas
- broccoli
- green/red onion
- sprouts
- fresh herbs

*maximize nutrients
with veggies*

25-30g
(palm size)



5 SAUCE

- olive oil + apple cider vinegar + honey + mustard
- herbs + mayo + salt + pepper
- tahini + lemon juice + cumin
- plain yogurt + lemon juice + garlic
- your favorite homemade dressing
- clean store-bought dressing

*put all
ingredients
in a jar &
shake well*

4 WHOLE FOOD CARBS

- sweet potato
- quinoa
- rice
- millet
- amaranth
- beans
- chickpeas
- lentils
- fruit