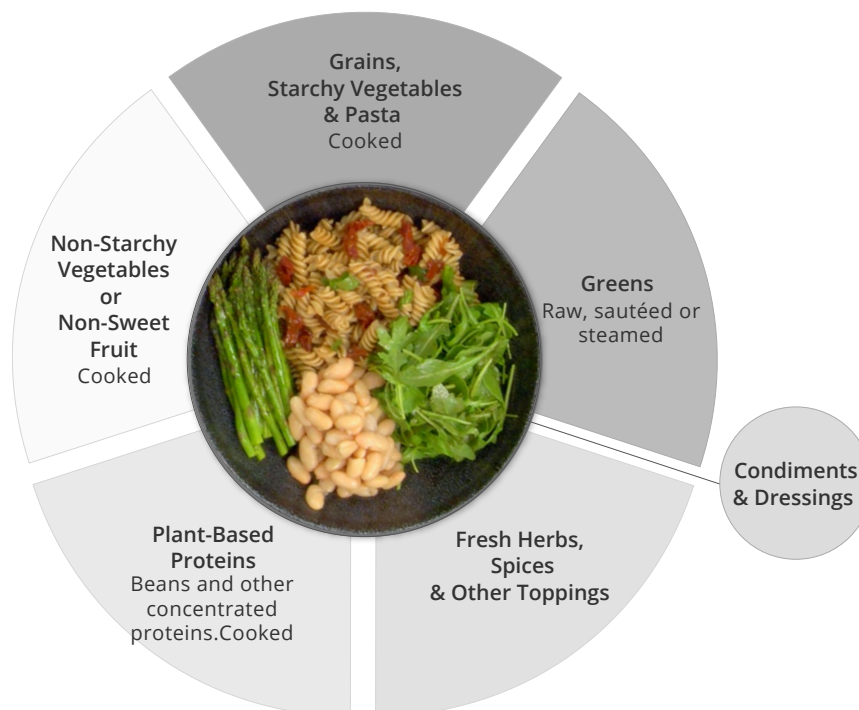


# Meals in Bowls

Meals in bowls are a quick and easy way to eat nutrient-dense, delicious meals. They're also a great way to stretch meals or use up leftover ingredients. To create a meal in a bowl, choose one ingredient from each category. Consider seasonality, availability of ingredients—and of course, your preferences.



Plant-Based Proteins	Grains, Starchy Vegetables & Pasta	Greens	Non-Starchy Vegetables or Non-Sweet Fruit	Fresh Herbs, Spices & other Toppings	Condiments & Dressings
Beans (red, adzuki, kidney, white, cannellini, navy, soy)	Whole Grains (amaranth, barley, buckwheat, bulgur, corn, faro, grano, kamut, millet, oats, quinoa, rice, rye, sorghum, spelt, teff, triticale, wheat, wild rice)	Sprouts (alfalfa, buckwheat, clover, fenugreek, pea shoots, sunflower and various bean sprouts)	Non-Starchy Vegetables (artichokes, asparagus, broccoli, Brussels sprouts, cauliflower, celery, daikon, fennel, hearts of palm, jicama, mushrooms, onions, radishes, snow peas, sugar snap peas)	Fresh Herbs (basil, chervil, cilantro, dill, mint, parsley)	Condiments (chutney, pesto, pickles, salsa, tapenade)
Green beans (Lima, split peas)	Starchy Vegetables (butternut or other winter squash, sweet potato, potato)	Delicate Greens (arugula, butter lettuce, oak leaf, romaine)	Non-Sweet Fruit (avocado, bell peppers, cucumber, eggplant, tomatoes, zucchini)	Spices & Toppers (Fresh & Dried) (chives, chilis, garlic, ginger, green onions, ground raw flax meal, nutritional yeast, raw or toasted nuts, seeds, spice blends)	Dressing of Choice (creamy or vinegar-based)
Lentils	Pasta (gluten-free pasta, whole-grain pasta, rice noodles)	Dark Greens (bok choy, cabbage, chard, collards, kale of all kinds, mizuna, spinach, tatsoi, watercress)			Acid & Salt (braggs, citrus, hot sauce, tamari, vinegar)
Nuts & Seed-based Pâtés					
Concentrated Proteins (faux meat products, seitan, tempeh, tofu)					



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