

**1** Fill your bowl to the rim with items  
FIND YOUR CORE

**2** Choose your protein (extra)  
POWER UP

**3** Hot over brown rice or cold with greens  
HOT OR COLD

**4** Choose your veggies and your crunch  
GO GREEN

**5** Pick your dressing, add some seeds  
FINISH IT

SALAD OR  
RICE BOWL

6<sup>99</sup>

