

# BUILD A BALANCED BOWL

For a healthy and complete meal in a bowl, choose one item from each category:

Whole Grains 1/2 cup cooked	Leafy Greens 1 to 2 cups	Protein 3 oz	Vegetables 1/2 to 1 cup	Savory Components (choose 1 or 2) 2 tablespoons	Dressing 2 tablespoons
Faro	Spinach	Cooked Chicken	Cherry Tomatoes	Shredded low-fat Cheddar cheese	Greek Yogurt Ranch
Quinoa	Baby Kale	Low-Sodium Canned Tuna	Cucumber	Shredded Parmesan Cheese	Balsamic Vinaigrette
Bulgur	Arugula	Cooked Pork Tenderloin	Onions	Crumbled Blue or Feta Cheese	Italian Dressing
Brown Rice	Spring Mix	Cooked Lean Ground Turkey	Bell Peppers	Dried Cranberries or Raisins	Olive Oil + Vinegar
Whole-Wheat Couscous	Mustard Greens	Skinless Rotisserie Chicken	Fennel	Sun-Dried Tomatoes	Olive Oil + Lemon or Lime Juice
Pearled Barley	Romaine Lettuce	1/2 cup Canned Black, Pinto, or Cannellini Beans	Carrots	Chopped Olives	<b>Note: Use a light dressing or just some balsamic vinegar to save calories.</b>
Amaranth	Red Leaf Lettuce	1/2 cup Black-Eyed Peas	Zucchini and Squash	Toasted Sliced Almonds	
Freekah		1/2 cup Edamame	Mushrooms	Toasted Chopped Pecans or Walnuts	
Buckwheat		Chopped Boiled Egg (try the cooked & peeled ones)	Broccoli		