How To Build a MINDFUL Bowl

1c GREENS / ½-1c CARBS / 1c VEGGIES / 4-6oz PROTEIN / 2T–¼c HEALTHY FATS / SPICE IT UP

**STEP 1: PICK YOUR BASE**
At least 1+ cup (raw, sautéed, or steamed)
- Arugula
- Beet greens
- Chard
- Kale
- Lettuce (ex: butter, romaine, red leaf, green leaf, mixed greens, radicchio)
- Watercress
- Spinach

**STEP 2: ADD SOME STAYING POWER**
½ - 1 cup Starchy Carbohydrates
- Carrots
- Beets
- Parsnips
- Potatoes
- Sweet Potatoes
- Squash (ex: acorn, butternut)
- Corn (try roasted corn in the frozen section)
- Beans (ex: chickpeas, great northern, black, lentils, edamame)
- Brown Rice
- Quinoa

**STEP 3: GET YOUR VEGGIES ON!**
1+ cups (raw, roasted or steamed)
- Asparagus
- Broccoli
- Brussel Sprouts (try the shredded sprouts sautéed or roasted)
- Cabbage (red, white, bok choy, napa)
- Carrots
- Cauliflower (one of my faves roasted in the oven with EVOO, S&P)
- Cucumber
- Eggplant
- Green Beans
- Mushrooms
- Onions/Scallions
- Peppers
- Radishes
- Snow Peas
- Spaghetti Squash
- Sprouts
- Tomatoes
- Zucchini
- Yellow Squash

**STEP 4: PROTEIN POWER**
1 palm sized portion of animal protein, about ½-1 cup vegetarian sources
- Eggs (Fried, boiled, scrambled)
- Fish (canned or fresh)
- Meat (lean choices if possible)
- Fresh Tofu (there are lots of pre-seasoned tofu cubes and blocks that are super tasty in the veggie section of most grocery stores)
- Frozen veggie options (our favorite is the selections from Morning Star Farms – we like the veggie burgers and “chorizo” crumbles)

**STEP 5: ADD SOME HEALTHY FATS**
¼ cup:
- Avocado slices
- Coconut (dried)
- Nuts (cashews, macadamia, brazil, pecans, walnuts, almonds, pistachios – try toasting them)
- Olives

OR
2 Tablespoons:
- Guacamole
- Extra virgin olive oil, avocado oil, coconut oil, infused oils
- Homemade dressings
- Tahini or Nut butters
- Tzatziki sauce
- Seeds (sunflower, sesame, flax, pumpkin, hemp hearts, pine nuts, chia)

**STEP 6: SPICE IT UP**
Optional flavor boosters
- Broth/Stock
- Capers
- Fermented veggies (sauerkraut, kimchi, pickles)
- Fresh herbs
- Hot Sauce
- Lemon/Lime juices
- Mustard
- Nutritional Yeast
- Salsa
- Sea Salt or flavored salts (smoked, truffle)
- Spices/Spice blends
- Vinegars