



# \_\_\_\_\_'S \_\_\_\_\_ CAREER SEASON (ADJ.) \_\_\_\_\_ GRAIN BOWL

- ① Spread \_\_\_\_\_ over the bottom of your friendliest bowl.  
COOKED GRAIN)
- ② Add \_\_\_\_\_ to one quadrant and \_\_\_\_\_ to another.  
RAW VEGETABLE COOKED VEGETABLE
- ③ Fill any empty space with \_\_\_\_\_ and add a \_\_\_\_\_ egg while you're at it.  
COOKED PROTEIN EGG-COOKING METHOD
- ④ Now rain with dressing! If you want something light and fresh, go with \_\_\_\_\_;  
DRESSING THAT'LL MAKE YOU BOP AROUND  
if you're looking for something creamy and comforting, choose \_\_\_\_\_.  
DRESSING THAT'LL TUCK YOU INTO BED
- ⑤ Don't forget to garnish: wisps of \_\_\_\_\_, \_\_\_\_\_, and some  
FRUITS, VEGETABLES, PICKLES CHEESE  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
HERB NUTS AND SEEDS OBLIGATORY AVOCADO

## HINTS & WINKS

**COOKED GRAIN:** freekeh, farro, quinoa, couscous, polenta, grits, wheat berries, leftover takeout rice

**RAW VEGETABLE:** shaved carrots, shredded brussels sprouts, bell pepper slivers, a handful of leafy greens (spinach, arugula)

**COOKED VEGETABLE:** roasted squash, cauliflower, broccoli, red peppers; zucchini butter; sautéed greens; braised or oil-poached mushrooms; smothered cabbage

**PROTEIN:** canned fish, roasted or poached chicken, sautéed shrimp, bacon, braised tempeh, baked or fried or raw tofu

**BONUS EGG:** poached, fried, soft-boiled, hard-boiled, pickled, soy sauce'd

**DRESSING THAT'LL MAKE YOU BOP AROUND:** miso dressing,

pesto dressing, balsamic vinaigrette, salsa verde, chimichurri, horseradish vinaigrette, fish sauce vinaigrette

**DRESSING THAT'LL TUCK YOU INTO BED:** buttermilk ranch, spicy peanut, Green Goddess, bacon vinaigrette, blue cheese dressing

**FRUIT, VEGETABLE, PICKLE:** apple, persimmon, pear, cucumber; pickled carrots, radishes, or cabbage

**CHEESE:** ricotta, blue, goat, feta, Parmesan

**HERB:** dill, basil (Genovese or Thai), chervil?, mint

**NUTS AND SEEDS:** almonds, walnuts, peanuts (salted, please), sesame seeds, nigella seeds, savory granola (an all-in-one), furikake

**OBLIGATORY AVOCADO:** avocado cubes or slices