



Whole Bowls

MADE EASY



www.lindsaycarvalho.com

Whole bowls are exactly what they sound like: delicious and nutritious complete meals filled with everything you need to satisfy your hunger monster.

With some simple planning, these whip together in no time for easy lunch or dinner fixes. Wash extra greens, cook extra grains, chop up extra veggies, roast extra chicken and blitz up your dressing when you're cooking dinner and lunch is done!

Pick 1 or two from each category and pile them up in a bowl or container. For a theme, pick your favourite dressing and work your way back to the beginning choosing ingredients that suit that flavour combo.

Have fun and Eat Well!

Greens

romaine, spinach, leaf, arugula, mache

Starch

rice, quinoa, barley, sweet potato, squash

Veggies

carrots, celery, cucumber, tomato, onion, cabbage, peppers, corn, olives, avocado, artichokes, beets, sprouts

Protein

beans, peas, chicken, shredded beef, fish, shrimp

Toppings

chia seeds, hemp hearts, pumpkin seeds, sunflower seeds, sesame seeds, pecans, almonds, walnuts

Dressing

balsamic vinaigrette, green goddess, honey dijon, spicy peanut, creamy southwest, hummus, tatziki