

How to Build a Nutrient Dense Bowl or Salad

Choose a Base or Combine a Few

Romaine Lettuce
Iceberg Lettuce
Green Leaf Lettuce
Red Leaf Lettuce
Kale
Spinach
Arugula
Brown Rice
Cauliflower Rice
Whole Grain Noodles
Whole Wheat Noodles
Zucchini or Other Vegetable Noodles
Quinoa
Rice Noodles
Vegetable Broth
Chicken Broth
Beef Broth

Add Some Protein

Tempeh
Tofu
Hard Boiled Eggs
Grilled/Baked Chicken
Grilled/Baked Shrimp
Grilled/Baked Salmon
Tuna Fish
Seitan
Beans

Dress It

Hummus
Bruschetta
Salsa
Yogurt
Vinegar (apple cider, balsamic, white)
Small Amounts of Oil (olive, avocado, tahini)

Unlimited Toppings

Peppers (bell peppers, jalapeno peppers)
Onion (sweet onions, red onions, green onions/scallions)
Corn
Edamame
Black Beans
Garbanzo Beans
Green Beans
Radishes
Sprouts
Peas (green peas, sugar snap peas, pea shoots)
Beets
Tomatoes
Cucumber
Potatoes (regular and sweet)
Asparagus
Squash
Zucchini
Carrot
Nori
Broccoli
Cauliflower
Artichokes (in water)
Jicama
Fresh Herbs (basil, cilantro, parsley, dill)
Celery
Mushrooms
Pickles
Apple
Pear
Peaches
Grapes
Berries (blueberries, strawberries)
Citrus Fruit (oranges, grapefruit, tangerines)

Healthy Fat Toppings (use more sparingly)

Organic Cheese
Organic Cottage Cheese
Avocado
Olives
Seeds (pumpkin, sunflower)
Nuts (almonds, walnuts, pistachios)

