CREATE YOUR OWN CUSTOM PROTEIN BOWL

PICK ONE

PICK ONE

PICK ONE OR TWO

OPTIONAL

PICK ONE OR TWO

BASE

PROTEIN

VEGGIES

SAUCE

TOPPING

1/2 CUP

- Rice
- Quinoa or other grains
- Roasted potatoes or sweet potatoes
- Whole grain pasta

4 OUNCES

- Egg
- Steak
- Tofu
- Beans
- Chicken
- Pork
- Fish
- Turkey

2 CUPS TOTAL

- Carrot
- Cauliflower
- Broccoli
- Mushrooms
- Green Beans
- Spinach
- Onions & peppers

2 TABLESPOONS

- Miso dressing
- Goddess dressing
- Balsamic vinaigrette
- Salad dressing
- Lemon juice
- Hummus
- Peanut sauce

1/4 CUP TOTAL

- Shredded cabbage
- Fresh herbs
- Shredded cheese
- Nuts or seeds
- Microgreens
- Olives
- Avocado

mix and match for endless possibilities feel free to use more than just what is listed here