



BUILD YOUR OWN NOURISH BOWL

Make up a few bowls at one time so that you have lunch ready to go!

1. **Choose your grains:** Brown rice, black rice, red rice, quinoa or you could add cauliflower rice for a low-carbohydrate option
2. **Fill up with vegetables:** Sliced lettuce, rocket or spinach, roasted sweet potato or pumpkin, edamame (you can find this in the freezer section), sliced cabbage, grated carrot, beetroot, stir fried broccoli, radishes, cucumber, capsicum, tomatoes, corn
3. **Include some lean meat or alternatives:** Chicken, salmon, tuna, prawns, tofu, black beans, falafels, lean red meat, boiled egg
4. **Add some dairy:** Feta or goats cheese
5. **Top with healthy fats:** Avocado, nuts, toasted sunflower or pumpkin seeds, olive oil, olives
6. **Add a sauce:** Pesto, satay sauce, vinaigrette, hummus

Mediterranean Dressing

- 3 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon dijon mustard
- 1 teaspoon oregano
- 1 clove garlic, crushed
- Pinch of salt

Add all dressing ingredients to a jar and shake until combined.



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