



Power Bowl Cheat Sheet

Power bowls, also known as nourish bowls or Buddha bowls, are delicious, balanced meals made from whole, plant-based, nutrient-dense ingredients designed to fill you up, fuel your body, and keep you energized. The best part is they're endlessly customizable, allowing you to mix and match what you've got in your pantry and fridge. Think of these bowls as an easy, tasty way to pack in a variety of complex carbs, protein, fiber, and healthy fats—all in one dish.

The perfect power bowl follows a simple formula. Start with a base of leafy greens and add colorful non-starchy vegetables, a scoop of whole grains or starchy vegetables, a plant protein source like beans or tofu, and a dose of healthy fats. Finish with your favorite herbs, spices, or vinegar to make it your own.

Here's your cheat sheet:

- 3 big handfuls of raw or lightly cooked leafy greens
- 1 (or more) cup of raw or cooked non-starchy veggies (broccoli, cauliflower, carrots, celery, peppers, onions, etc.)
- 1 cup cooked whole grains or cubed starchy veggies
- ½ cup cooked beans or 1 cup cubed tofu
- 1-2 servings of healthy fats (1 serving = ½ avocado, ⅓ cup olives, ⅓ cup nuts or seeds, or 2 tbsp oil based dressing)
- "Free" Toppings: herbs and spices, vinegar, lemon or lime juice, tomato salsa

We put together are some delicious examples to inspire you!

Mediterranean Bowl

Arugula + cherry tomatoes + cucumbers + red onion + farro or wheat berries + chickpeas + Kalamata olives + olive oil vinaigrette + fresh parsley + lemon juice

Asian Peanut Bowl

Shredded napa cabbage + shredded carrots + bell peppers + cucumber + pan-seared tofu + peanut sauce + fresh cilantro + lime juice + sesame seeds

Burrito Bowl

Romaine lettuce + diced tomatoes + bell peppers + onions + brown rice + black beans + avocado or guacamole + salsa + chili powder

Southwest Bowl

Baby spinach + roasted corn + diced bell peppers + quinoa + marinated grilled tofu + sliced avocado or pumpkin seeds + lime juice + smoked paprika

Moroccan Bowl

Baby kale + diced carrots + bell peppers + zucchini + whole wheat couscous + chickpeas + Kalamata olives + fresh mint + parsley + cumin & cinnamon

Sushi Bowl

Baby spinach + shredded carrots + sliced cucumber + brown rice + cubed tofu + avocado + sesame seeds + pickled ginger + nori (or other sea vegetable) flakes + wasabi

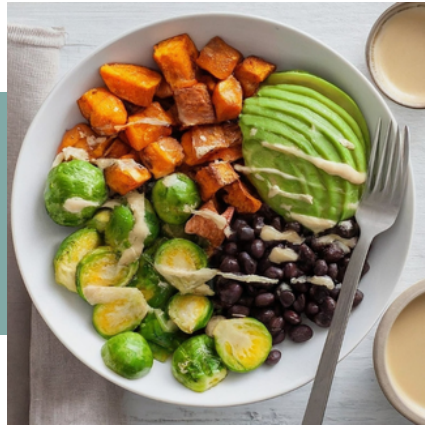
Curry in a Hurry Bowl

Mixed baby greens + steamed cauliflower + carrots + peas + steamed or roasted potatoes + lentils + fresh cilantro + lime juice + curry sauce made with coconut milk and curry paste or powder

Unstuffed Pepper Bowl

Romaine lettuce + diced bell peppers + onions + tomatoes + brown rice + black beans + fresh parsley + salsa

Harvest Power Bowl



Ready to build your own? Remember, the joy of power bowls is their adaptability—and your imagination! Whatever vegetables, grains, and beans you have on hand can become the base of a nutritious, balanced meal. By following the simple power bowl formula, you can create bowls that are as unique and flavorful as you'd like. Enjoy a different bowl every day of the week – you may be surprised at how satisfying and tasty they are, and how easy they are to prepare.

Ingredients:

- 1/2 tbsp olive oil
- 1 medium sweet potato, cubed
- 1 cup Brussels sprouts, trimmed and halved
- Salt and pepper to taste
- Dash of cinnamon
- Dash of smoked paprika
- 3 big handfuls of baby spinach
- 1/2 cup black beans or chickpeas, rinsed and drained
- 1 tbsp pumpkin seeds
- 1/3 avocado, sliced
- 2 tbsp tahini dressing (recipe below)

Tahini Dressing Ingredients:

- 3 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp minced garlic or 1/2 tsp garlic powder
- 1/3 to 1/2 cup water
- Salt and pepper to taste

Instructions:

Preheat oven to 400°F (200°C).

On a baking sheet, toss the sweet potato and Brussels sprouts with a drizzle of olive oil, salt, and pepper. Sprinkle cinnamon and smoked paprika on the sweet potatoes. Spread them out in an even layer on the baking sheet. Roast for 20–25 minutes, flipping halfway through, until the sweet potatoes are tender and the Brussels sprouts are crispy. Make the dressing (below) and assemble the rest of the bowl while the veggies cook.

Place the baby spinach in the base of the bowl. Add remaining ingredients, finishing with a drizzle of the tahini dressing.

Tahini Dressing

In a small bowl, whisk together the ingredients, adding water a little at a time to reach your desired consistency. Season with salt and pepper to taste.