

GRAIN BOWLS



HEALTHY GRAIN BOWLS HAVE ENDLESS POSSIBILITIES (ASIAN, MEDITERRANEAN, BERRY, ETC.). GET CREATIVE WITH VEGGIES, SPICES, ETC. SIMPLY LAYER YOUR BOWLS & DRIZZLE WITH DRESSING. ALSO GREAT ROLLED UP IN A WRAP.

BAJA BOWLS

START WITH BROWN RICE OR QUINOA (ANY COLOR)

COOK DESIRED AMOUNT ACCORDING TO PACKAGE DIRECTIONS. THEN ADD; ORGANIC LIME JUICE, ORGANIC CILANTRO, & PINK SALT TO TASTE.

IF YOU CHOOSE NOT TO USE PROTEIN, YOU CAN ADD TACO SEASONING TO THE RICE INSTEAD OF LIME.

PROTEIN OF CHOICE (OPTIONAL)

TOFU, TEMPEH, CHICKEN, ETC.

SEASON WITH TACO SEASONING (CUMIN, CHILI POWDER, CHIPOTLE POWDER, GARLIC POWDER, PINK SALT, PEPPER)

ADD VEGGIES & TOPPINGS

- ROMAINE CHOPPED
- TOMATO DICED
- RED ONION DICED
- RED PEPPER DICED
- BLACK BEANS
- CORN
- AVOCADO DICED
- SALSA
- JALAPEÑO
- TORTILLA STRIPS

BAJA DRIZZLE

- 1/2 CUP DAIRY-FREE SOUR CREAM OR GREEK YOGURT
- 1 PACKET ORGANIC TACO SEASONING (OR CUMIN, CHILI POWDER, CHIPOTLE POWDER, GARLIC POWDER, PINK SALT, PEPPER)
- 1 SMALL JALAPEÑO SEEDED/DICED
- 1 TSP GARLIC MINCED
- 1/4 CUP LIME JUICE
- 2 TBS ADOBO SAUCE
- 2 TBS CILANTRO
- 1 TBS MAPLE SYRUP GRADE B
- 1/4-1/2 TSP CAYENNE POWDER
- PINK SALT TO TASTE



*USE ORGANIC INGREDIENTS WHEN POSSIBLE.
**FEEL FREE TO USE A MIX OF GRAINS (RICE, QUINOA, BULGUR, ETC.).

LIME CILANTRO BOWLS

START WITH BROWN RICE OR QUINOA (ANY COLOR)

COOK DESIRED AMOUNT ACCORDING TO PACKAGE DIRECTIONS. THEN ADD; ORGANIC LIME JUICE, ORGANIC CILANTRO, & PINK SALT TO TASTE.

PROTEIN OF CHOICE (OPTIONAL)

TOFU, TEMPEH, CHICKEN, ETC.

SEASON WITH GARLIC POWDER, PINK SALT, PEPPER.

ADD VEGGIES & TOPPINGS

- ROMAINE CHOPPED
- KALE (FINELY CHOPPED)
- ROASTED SWEET POTATOES (CUBED)
- MANGO AND/OR PINEAPPLE DICED
- ALMONDS
- SUNFLOWER SEEDS
- DRIED CHERRIES
- AVOCADO DICED

LIME DRIZZLE

- 1 CUP YOGURT (organic nut, vegan, or greek)
- 1/8-1/4 CUP LIME JUICE
- 1 TBS CILANTRO
- 1-2 TBS MAPLE SYRUP GRADE B
- PINK SALT TO TASTE