

PINEAPPLE GLAZED SPAM BOWL

INGREDIENTS

- 1 cup cooked rice
- 1 can Spam, sliced
- ½ cup pineapple chunks
- 2 tablespoons soy sauce
- 1 tablespoon brown sugar or honey
- 1 teaspoon sesame oil
- 1 teaspoon garlic, minced
- Optional: green onions, chili flakes, sesame seeds



CALORIES

560

PROTEIN

23g

DIRECTIONS

1. Pan-fry Spam slices until golden and crisp.
2. Add garlic and pineapple; sauté briefly.
3. Stir in soy sauce, sugar, and sesame oil.
4. Cook until glaze thickens and coats Spam.
5. Serve over rice. Top with optional garnishes.

CURRIED LENTIL AND RICE BOWL

INGREDIENTS

- 1 cup cooked lentils
- 1 cup cooked rice
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon curry powder
- ½ teaspoon turmeric
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: yogurt, spinach, raisins



CALORIES

420

PROTEIN

18g

DIRECTIONS

1. Heat olive oil and sauté onion and garlic until soft.
2. Stir in curry powder and turmeric.
3. Add cooked lentils and heat through.
4. Season with salt and pepper.
5. Serve over rice. Add optional toppings like yogurt or spinach.

CHILI LIME FLANK STEAK BOWL

INGREDIENTS

250–300g flank steak
1 cup cooked rice
1 tablespoon olive oil
Juice of 1 lime
1 teaspoon chili powder
1 teaspoon garlic powder
Salt and pepper to taste
Optional: avocado, corn,
cilantro, salsa



CALORIES

540

PROTEIN

38g

DIRECTIONS

1. Rub steak with olive oil, chili powder, garlic powder, salt, and pepper.
2. Grill or pan-sear to desired doneness.
3. Let rest, then slice thinly.
4. Mix lime juice over sliced steak.
5. Serve over rice. Add optional toppings like avocado or salsa.

MOROCCAN SPICED LAMB RICE BOWL

INGREDIENTS

- 250–300g ground lamb
- 1 cup cooked rice or couscous
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon cinnamon
- 1 teaspoon garlic, minced
- Salt and pepper to taste
- Optional: yogurt sauce, raisins, chickpeas, herbs



CALORIES

560

kcal

PROTEIN

32

g

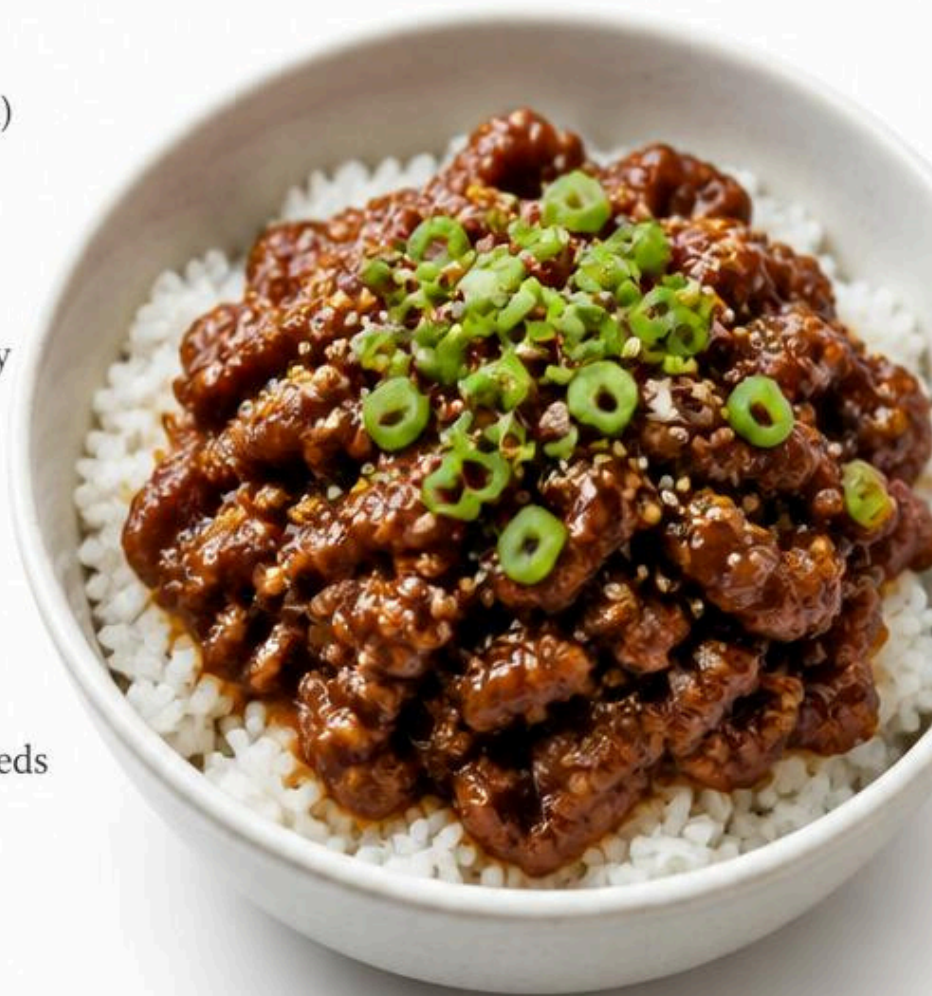
DIRECTIONS

1. Cook lamb in a skillet until browned.
2. Add spices, garlic, salt, and pepper.
3. Stir and cook until fragrant.
4. Place rice or couscous in a bowl.
5. Top with spiced lamb.
6. Add optional yogurt or herbs.

KOREAN-STYLE BULGOGI PORK BOWL

INGREDIENTS

- 300g pork (thinly sliced or ground)
- 2 cups cooked rice
- 2 tablespoons soy sauce
- 1 tablespoon brown sugar or honey
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 1 teaspoon chili paste (optional)
- Optional: green onions, sesame seeds



CALORIES

560

PROTEIN

32g

DIRECTIONS

1. Mix soy sauce, sugar, garlic, ginger, and sesame oil.
2. Cook pork in a skillet until browned.
3. Add sauce and simmer until glossy and slightly sticky.
4. Stir well to coat evenly.
5. Serve over rice. Top with green onions and sesame seeds.

GREEK LEMON CHICKEN BOWL

INGREDIENTS

- 2 cups cooked chicken, sliced
- 1 cup cooked rice or quinoa
- ½ cucumber, diced
- ½ cup cherry tomatoes
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste
- Optional: feta, olives, red onion

CALORIES

520

PROTEIN

40g

DIRECTIONS

1. Mix olive oil, lemon juice, oregano, salt, and pepper.
2. Toss chicken with dressing to coat.
3. Add rice or quinoa to a bowl.
4. Top with chicken and vegetables.
5. Add optional feta or olives.
6. Serve fresh or chilled.



GARLIC BUTTER SHRIMP RICE BOWL

INGREDIENTS

- 200–300g shrimp, peeled
- 1 cup cooked rice
- 2 tablespoons butter
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: parsley, chili flakes, green onions



CALORIES

540

PROTEIN

34g

DIRECTIONS

1. Melt butter in a skillet over medium heat.
2. Add garlic and sauté until fragrant.
3. Add shrimp and cook until pink and opaque.
4. Season with salt, pepper, and chili flakes.
5. Add lemon juice and toss to coat.
6. Serve over warm rice with parsley.

SPICY SESAME TOFU BOWL

INGREDIENTS

- 200g tofu, cubed
- 1 cup cooked rice or quinoa
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon sriracha or chili paste
- 1 teaspoon maple syrup or honey
- 1 tablespoon oil for cooking
- Optional: cucumber, carrots, sesame seeds

CALORIES

540

PROTEIN

24g



DIRECTIONS

1. Pan-fry tofu in oil until golden on all sides.
2. Mix soy sauce, sesame oil, sriracha, and sweetener.
3. Pour sauce into pan and coat tofu evenly.
4. Simmer until sticky and slightly caramelized.
5. Serve over rice or quinoa. Add optional fresh vegetables or sesame seeds.

SESAME GINGER BEEF AND BROCCOLI BOWL

INGREDIENTS

- 250–300g beef, thinly sliced
- 2 cups broccoli florets
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 tablespoon honey
- 1 tablespoon oil
- 1 cup cooked rice



CALORIES

560

PROTEIN

36g

DIRECTIONS

1. Heat oil in a skillet or wok.
2. Cook beef until browned, then remove.
3. Add broccoli and a splash of water; cook until tender-crisp.
4. Add garlic and ginger; sauté briefly.
5. Return beef and add soy sauce, honey, and sesame oil.
6. Toss and serve over rice.

HONEY GARLIC CHICKEN RICE BOWL

INGREDIENTS

- 2 cups cooked chicken, sliced or shredded
- 1 cup cooked rice
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- 1 teaspoon olive oil
- Optional: green onions, sesame seeds, broccoli



CALORIES

520

PROTEIN

38g

DIRECTIONS

1. Heat olive oil in a pan over medium heat.
2. Sauté garlic until fragrant.
3. Add chicken and warm through.
4. Stir in soy sauce, honey, and sesame oil.
Cook until slightly thickened and glossy.
5. Serve over rice and top with optional garnishes.

SHREDDED BEEF BARBACOA BOWL

INGREDIENTS

2 cups cooked shredded beef
1 cup cooked rice
2 garlic cloves, minced
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon oregano
Juice of 1 lime
2 tablespoons beef broth
Salt to taste
Optional: avocado, salsa,
cilantro, beans

CALORIES	PROTEIN
560	38g

DIRECTIONS

Warm shredded beef in a pan. Add spices, garlic, broth, and lime juice. Simmer until juicy and flavorful.
Add rice to a bowl. Top with barbacoa beef.
Add optional toppings like avocado or salsa.



LEMON PEPPER TILAPIA BOWL

INGREDIENTS

2 tilapia fillets

1 cup cooked rice or quinoa

1 tablespoon olive oil

Juice of 1 lemon

1 teaspoon lemon pepper seasoning

Salt to taste

Optional: broccoli, cucumber,
yogurt sauce



CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Season tilapia with lemon pepper, salt, and olive oil.
2. Bake or pan-cook until flaky and cooked through.
3. Place rice or quinoa in a bowl.
4. Top with cooked tilapia.
5. Drizzle with lemon juice.
6. Add optional vegetables or sauce.

TURKEY MEATBALL MARINARA RICE BOWL

INGREDIENTS

- 2 cups cooked turkey meatballs
- 1 cup marinara sauce
- 1 cup cooked rice
- 1 tablespoon olive oil (optional)
- Optional: parmesan, basil, spinach



CALORIES 520

PROTEIN 34g

DIRECTIONS

Heat marinara sauce in a pan. Add turkey meatballs and simmer until hot and coated.

Place rice in a bowl. Top with saucy meatballs.

Add parmesan or basil if desired.

Serve warm.

CUBAN MOJO PORK BOWL

INGREDIENTS

- 2 cups cooked pork (shredded)
- 1 cup cooked rice
- Juice of 1 orange
- Juice of 1 lime
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: black beans, pickles, avocado

CALORIES

560

PROTEIN

38g



DIRECTIONS

1. Mix orange juice, lime juice, garlic, cumin, oregano, and olive oil.
2. Warm pork in a pan and add mojo sauce. Simmer until pork is juicy and flavorful.
3. Add rice to a bowl.
4. Top with mojo pork and optional toppings.
5. Serve warm.

BUFFALO CHICKEN RICE BOWL

INGREDIENTS

- 2 cups cooked shredded chicken
- 1 cup cooked rice
- 2-3 tablespoons buffalo sauce
- 1 tablespoon butter (optional for richness)
- ½ cup celery, chopped
- Optional: ranch or blue cheese dressing, carrots

CALORIES

520

PROTEIN

36g



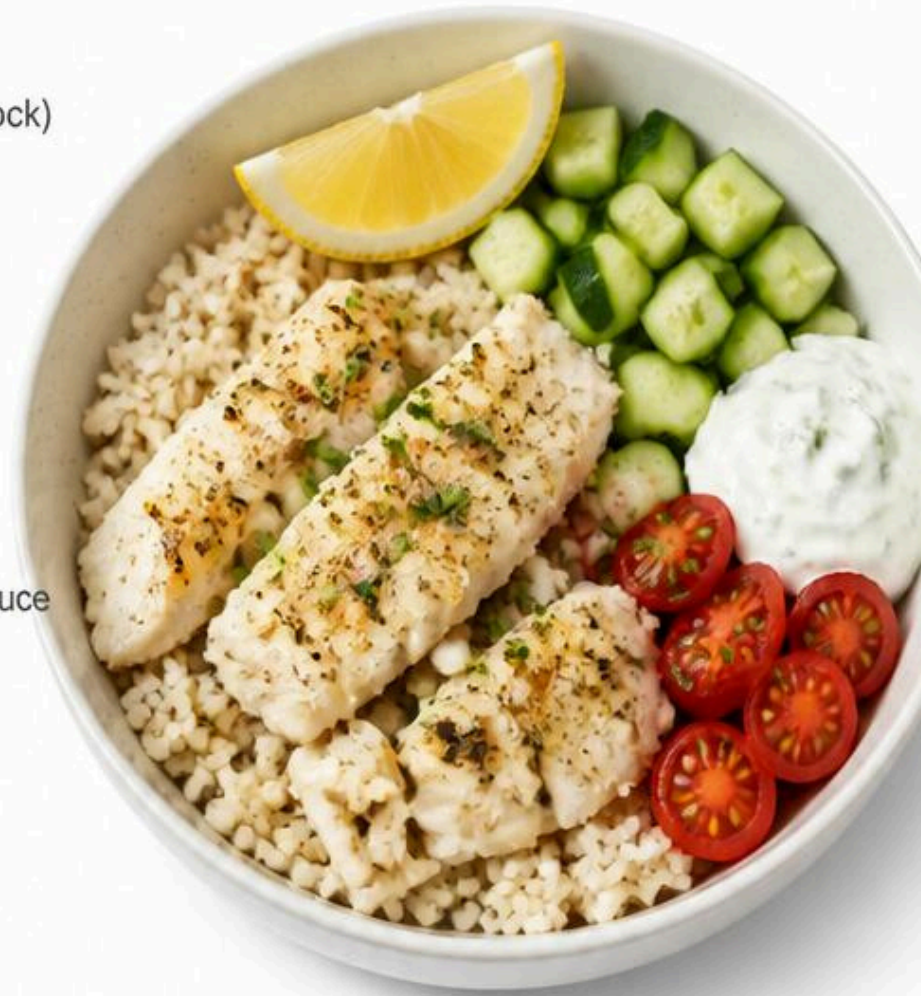
DIRECTIONS

1. Warm chicken in a pan with buffalo sauce (and butter if using). Stir until fully coated and heated through.
2. Add rice to a bowl.
3. Top with buffalo chicken and celery.
4. Drizzle with ranch or blue cheese if desired.
5. Serve warm.

LEMON HERB WHITE FISH BOWL

INGREDIENTS

- 2 white fish fillets (cod, tilapia, or haddock)
- 1 cup cooked rice or quinoa
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried herbs (parsley, dill, or thyme)
- Salt and pepper to taste
- Optional: cucumber, tomatoes, yogurt sauce



CALORIES

380

PROTEIN

32g

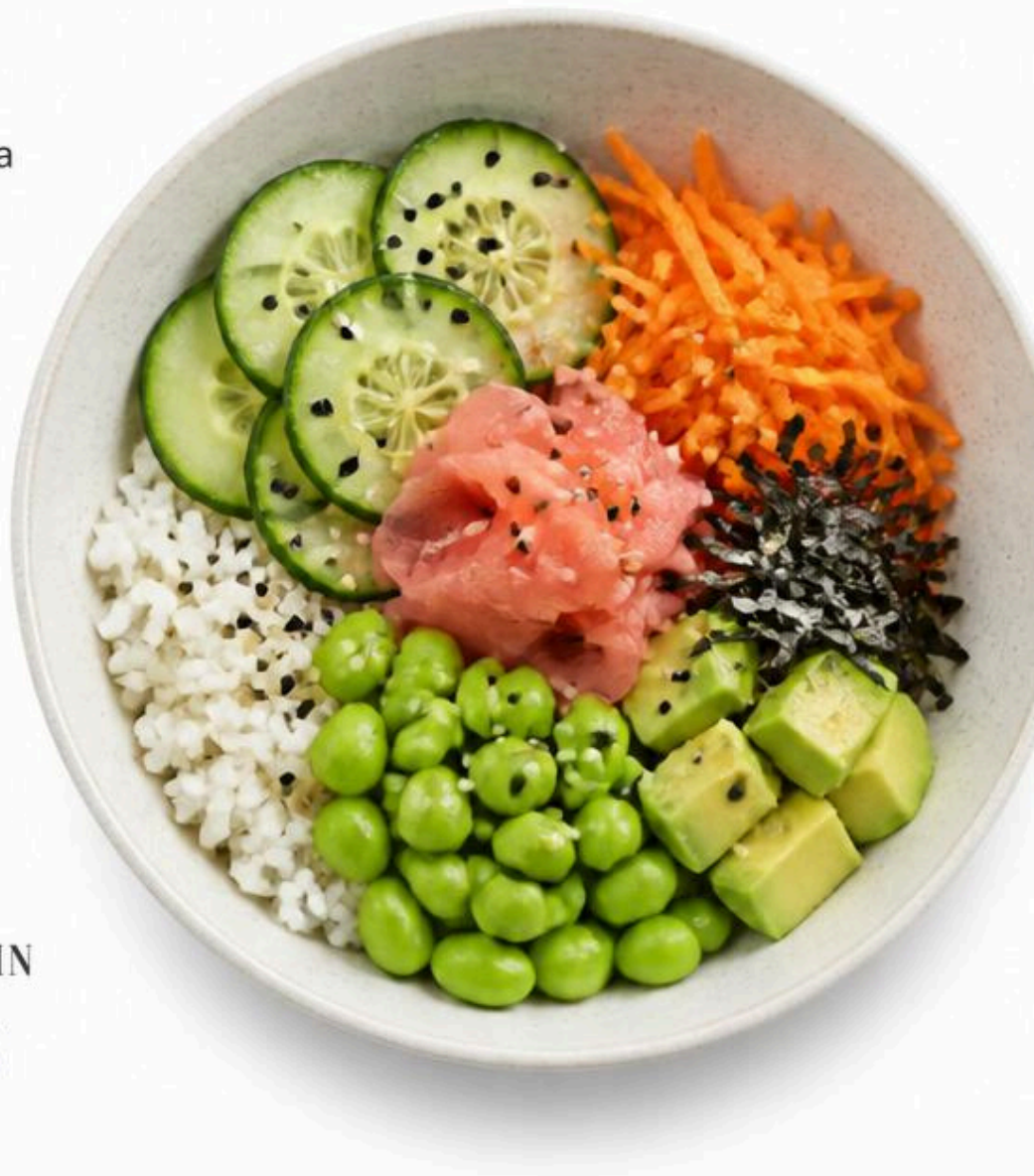
DIRECTIONS

1. Season fish with olive oil, lemon juice, herbs, salt, and pepper.
2. Bake or pan-cook until flaky.
3. Fluff rice or quinoa into a bowl.
4. Top with cooked fish.
5. Add optional fresh vegetables or sauce.
6. Serve warm or chilled.

EDAMAME AND PICKLED GINGER VEGGIE BOWL

INGREDIENTS

- 1 cup cooked rice or quinoa
- 1 cup shelled edamame
- ¼ cup pickled ginger
- ½ cucumber, sliced
- ½ carrot, shredded
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon rice vinegar
- Optional: sesame seeds, avocado, seaweed



CALORIES

420

PROTEIN

18g

DIRECTIONS

1. Place rice or quinoa in a bowl as the base.
2. Arrange edamame, cucumber, carrot, and pickled ginger on top.
3. Whisk soy sauce, sesame oil, and rice vinegar.
4. Drizzle dressing over the bowl.
5. Toss lightly before eating.
6. Add optional toppings like sesame seeds or avocado.

BBQ PULLED PORK RICE BOWL

INGREDIENTS

2 cups cooked pulled pork

1 cup cooked rice

½ cup BBQ sauce

½ cup coleslaw (optional)

Optional: pickles, corn,
green onions



CALORIES

590

PROTEIN

34g

DIRECTIONS

1. Warm pulled pork in a pan with BBQ sauce.
Heat until sticky and well coated.
2. Add rice to a bowl as base.
3. Top with BBQ pork.
4. Add coleslaw or other toppings if desired.
5. Serve warm.

TERIYAKI SALMON RICE BOWL

INGREDIENTS

- 2 salmon fillets
- 1 cup cooked rice
- 2 tablespoons soy sauce
- 1 tablespoon honey or brown sugar
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- Optional: green onions, sesame seeds, broccoli



CALORIES

560

PROTEIN

36g

DIRECTIONS

1. Mix soy sauce, honey, sesame oil, ginger, and garlic.
2. Brush or pour over salmon and cook in a pan or oven until flaky.
3. Simmer remaining sauce until slightly thickened.
4. Place rice in a bowl and top with salmon.
5. Drizzle extra teriyaki sauce over the top.
6. Garnish with green onions and sesame seeds.

CRISPY ROASTED CHICKPEA BOWL

INGREDIENTS

- 1 can chickpeas, drained and dried
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon cumin
- Salt and pepper to taste
- 1 cup cooked rice or greens
- Optional: avocado, tahini, yogurt sauce

CALORIES

430

PROTEIN

16g



DIRECTIONS

1. Roast chickpeas at 200°C (400°F) for 25–30 minutes until crispy.
2. Toss with olive oil and spices before roasting.
3. Add rice or greens to a bowl.
4. Top with crispy chickpeas.
5. Add optional toppings like avocado or sauce.
6. Serve warm or crunchy and fresh.

GROUND TURKEY THAI BASIL BOWL

INGREDIENTS

- 300g ground turkey
- 2 cups cooked rice
- 2–3 garlic cloves, minced
- 1 small onion or shallot, sliced
- 1–2 tablespoons soy sauce
- 1 teaspoon fish sauce (optional)
- 1 teaspoon chili flakes or fresh chili
- 1 teaspoon sugar or honey
- 1 tablespoon oil
- 1 cup fresh basil leaves
- Optional: fried egg, cucumber



470

CALORIES

34g

PROTEIN

DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Cook onion and garlic until fragrant.
3. Add ground turkey and brown fully.
4. Stir in soy sauce, fish sauce, chili, and sugar.
5. Cook until slightly caramelized.
6. Turn off heat and fold in fresh basil.
Serve over rice with optional fried egg.

ROASTED SWEET POTATO AND BLACK BEAN BOWL

INGREDIENTS

- 1 large sweet potato, cubed
- 1 can black beans, drained
- 1 cup cooked rice or quinoa
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika or chili powder
- Salt and pepper to taste
- Optional: avocado, salsa, cilantro, lime

CALORIES PROTEIN

510 kcal **18** g

DIRECTIONS

1. Roast sweet potatoes at 200°C (400°F) for 25–30 minutes with olive oil and spices.
2. Warm black beans in a pan with a pinch of salt.
3. Add rice or quinoa to a bowl.
4. Top with roasted sweet potatoes and beans.
5. Add optional toppings like avocado or salsa.
6. Serve warm.



SMOKED SALMON AND AVOCADO RICE BOWL

INGREDIENTS

- 1 cup cooked rice
- 100–150g smoked salmon
- 1 avocado, sliced
- 1 tablespoon soy sauce or tamari
- 1 teaspoon sesame oil
- 1 teaspoon lemon juice
- Optional: cucumber, sesame seeds, green onions



CALORIES

520

PROTEIN

26g

DIRECTIONS

1. Place warm or cold rice in a bowl.
2. Arrange smoked salmon and avocado on top.
3. Drizzle with soy sauce, sesame oil, and lemon juice.
4. Add optional vegetables or garnishes.
5. Mix lightly before eating. Serve fresh.

SWEET CHILI TEMPEH BOWL

INGREDIENTS

- 200g tempeh, cubed
- 1 cup cooked rice
- 2 tablespoons sweet chili sauce
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon oil for frying
- Optional: cucumber, carrots, sesame seeds



CALORIES

515

PROTEIN

26g

DIRECTIONS

1. Pan-fry tempeh until golden and crisp.
2. Add sweet chili sauce, soy sauce, and sesame oil.
3. Toss until coated and slightly sticky.
4. Serve over rice. Add optional fresh vegetables.
5. Sprinkle sesame seeds if desired.

MEDITERRANEAN FALAFEL RICE BOWL

INGREDIENTS

- 4–6 falafel (store-bought or homemade)
- 1 cup cooked rice
- ½ cucumber, chopped
- ½ cup cherry tomatoes
- 2 tablespoons hummus or tahini
- 1 tablespoon olive oil
- Juice of ½ lemon
- Optional: feta, pickled onions, parsley



CALORIES

550

PROTEIN

18g

DIRECTIONS

1. Cook or heat falafel until warm and crisp.
2. Add rice to a bowl.
3. Top with falafel and vegetables.
4. Drizzle with olive oil and lemon juice.
5. Add hummus or tahini.
6. Serve fresh or slightly warm.