

# BUTTER CHICKEN STYLE RICE BOWL

## INGREDIENTS

Chicken breast or thighs  
Butter  
Garlic, minced  
Ginger, grated  
Tomato sauce or crushed tomatoes  
Heavy cream or yogurt  
Garam masala  
Paprika  
Cooked rice  
Salt

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## CALORIES

620

## PROTEIN

38g

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## DIRECTIONS

1. Cook chicken in butter until lightly browned.
2. Add garlic and ginger.
3. Stir in tomatoes and spices; simmer.
4. Add cream or yogurt to make sauce rich.
5. Cook until thick and flavorful.
6. Serve over rice.



# MEXICAN STREET CORN CHICKEN BOWL

## INGREDIENTS

- Chicken breast or thighs
- Corn (grilled or canned)
- Cooked rice
- Mayonnaise or Greek yogurt
- Cotija cheese (or feta)
- Lime juice
- Chili powder
- Garlic powder
- Salt and pepper
- Optional: cilantro, avocado, hot sauce



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CALORIES

620

PROTEIN

42g

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## DIRECTIONS

1. Season and cook chicken until golden, then slice.
2. Grill or sauté corn until slightly charred.
3. Mix corn with mayo/yogurt, lime juice, chili powder, and seasoning.
4. Prepare rice base in a bowl.
5. Add chicken and street corn mixture on top.
6. Finish with cheese, cilantro, and lime.

# MOROCCAN LAMB AND CHICKPEA BOWL

## INGREDIENTS

Ground lamb or lamb cubes  
Chickpeas  
Cumin  
Paprika  
Cinnamon (optional)  
Garlic, minced  
Onion, chopped  
Cooked couscous or rice  
Olive oil  
Salt and pepper  
Optional: yogurt sauce, cilantro



## CALORIES

620

## PROTEIN

36g

## DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add lamb and cook until browned.
3. Stir in spices and chickpeas.
4. Simmer until flavors combine.
5. Prepare couscous or rice.
6. Serve lamb mixture over base with yogurt sauce.

# CAPRESE CHICKEN RICE BOWL

## INGREDIENTS

Chicken breast, cooked and sliced

Cooked rice

Cherry tomatoes

Fresh mozzarella

Fresh basil

Olive oil

Balsamic glaze

Salt and pepper

CALORIES

520

PROTEIN

38g



## DIRECTIONS

1. Cook and slice chicken.
2. Prepare rice base in bowl.
3. Add tomatoes and mozzarella.
4. Top with chicken slices.
5. Drizzle olive oil and balsamic glaze.
6. Finish with fresh basil and serve.

# SPICY TUNA POKE-STYLE BOWL

## INGREDIENTS

Tuna (sushi-grade or canned)

Soy sauce

Sesame oil

Sriracha or spicy mayo

Rice

Avocado

Cucumber

Seaweed (optional)

Sesame seeds

Green onions



**CALORIES:** 460

**PROTEIN:** 32g

## DIRECTIONS

1. Mix tuna with soy sauce, sesame oil, and spicy sauce.
2. Prepare rice base.
3. Slice avocado and cucumber.
4. Assemble bowl with rice, tuna, and vegetables.
5. Top with sesame seeds and green onions.
6. Serve fresh and chilled.

# TERIYAKI TURKEY MEATBALL BOWL

## INGREDIENTS

Ground turkey  
Breadcrumbs  
Egg  
Garlic powder  
Salt and pepper  
Teriyaki sauce  
Cooked rice  
Broccoli  
Green onions  
Sesame seeds

**CALORIES:** 520

**PROTEIN:** 32G

## DIRECTIONS

1. Mix turkey, egg, breadcrumbs, and seasonings.
2. Form meatballs and bake or pan-cook until done.
3. Toss meatballs in teriyaki sauce.
4. Steam broccoli.
5. Serve over rice with broccoli.  
Garnish with sesame seeds and green onions.



# BLACK BEAN AND SWEET POTATO BOWL

## INGREDIENTS

Sweet potatoes, cubed  
Black beans  
Olive oil  
Cumin  
Chili powder  
Salt and pepper  
Rice or quinoa  
Avocado (optional)  
Lime juice  
Cilantro

## CALORIES

520

## PROTEIN

18g

## DIRECTIONS

1. Roast sweet potatoes with oil and spices at 200°C (400°F) for 25 minutes.
2. Warm black beans with seasoning.
3. Prepare rice or quinoa base.
4. Assemble bowl with grains, sweet potatoes, and beans.
5. Add avocado and lime juice.
6. Top with cilantro.



# KOREAN-STYLE PORK BULGOGI BOWL

## INGREDIENTS

Pork (thinly sliced)  
Soy sauce  
Brown sugar or honey  
Garlic  
Ginger  
Sesame oil  
Gochujang (optional for spice)  
Cooked rice  
Carrots  
Spinach or cabbage  
Sesame seeds



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CALORIES

**560**

PROTEIN

**34g**

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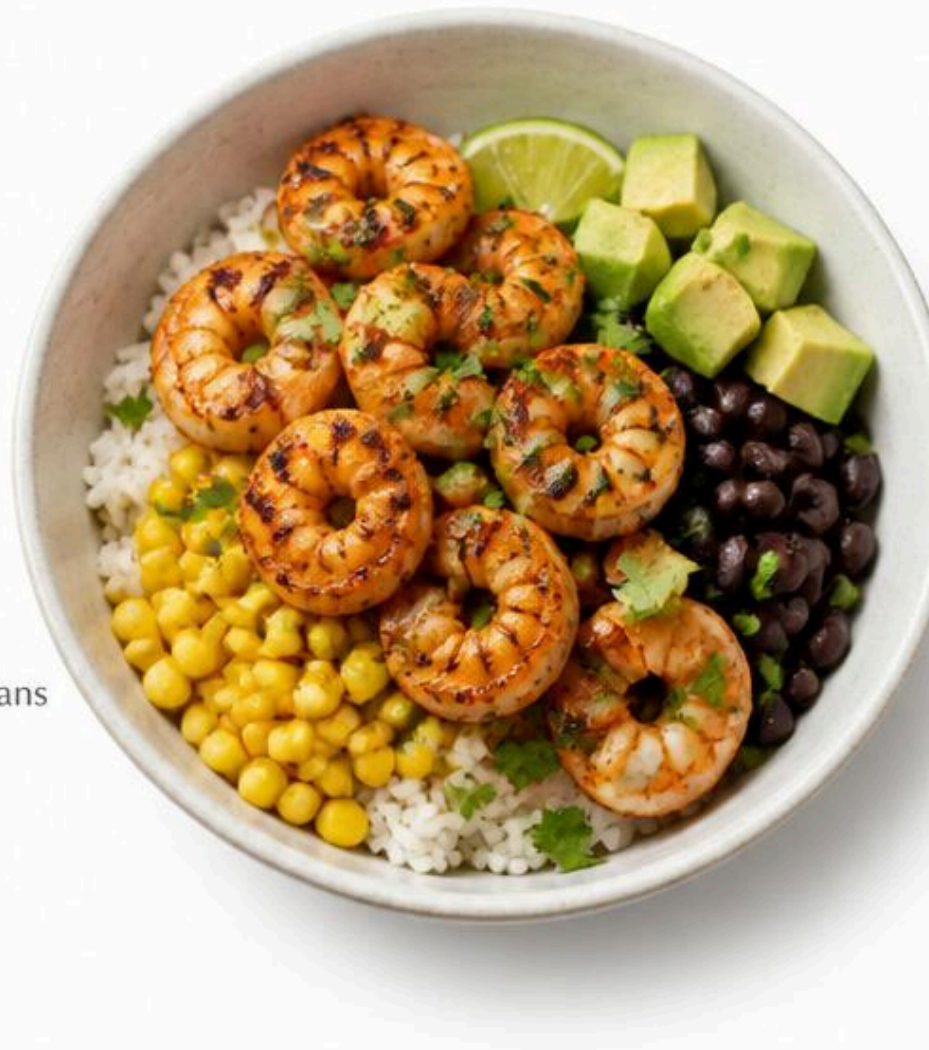
## DIRECTIONS

1. Mix soy sauce, sugar, garlic, ginger, sesame oil, and gochujang.
2. Marinate pork for at least 20 minutes.
3. Stir-fry pork until caramelized and cooked.
4. Sauté vegetables lightly.
5. Serve pork over rice with vegetables.
6. Garnish with sesame seeds.

# CHIPOTLE SHRIMP AND CORN BOWL

## INGREDIENTS

- Shrimp, peeled
- Cooked rice
- Corn kernels
- Chipotle powder or chipotle sauce
- Garlic powder
- Lime juice
- Olive oil
- Salt and pepper
- Optional: avocado, cilantro, black beans



## CALORIES

520

## PROTEIN

32g

## DIRECTIONS

1. Cook rice and corn.
2. Sauté shrimp in oil with chipotle seasoning.
3. Cook until shrimp turn pink. Add lime juice for brightness.
4. Assemble bowl with rice and corn base.
5. Top with shrimp and optional toppings.

# SWEET GARLIC BEEF RICE BOWL

## INGREDIENTS

- Beef (thinly sliced or ground)
- Cooked rice
- Garlic cloves, minced
- Soy sauce
- Honey or brown sugar
- Olive oil
- Cornstarch (optional, for thick sauce)
- Green onions
- Optional: broccoli, sesame seeds

CALORIES

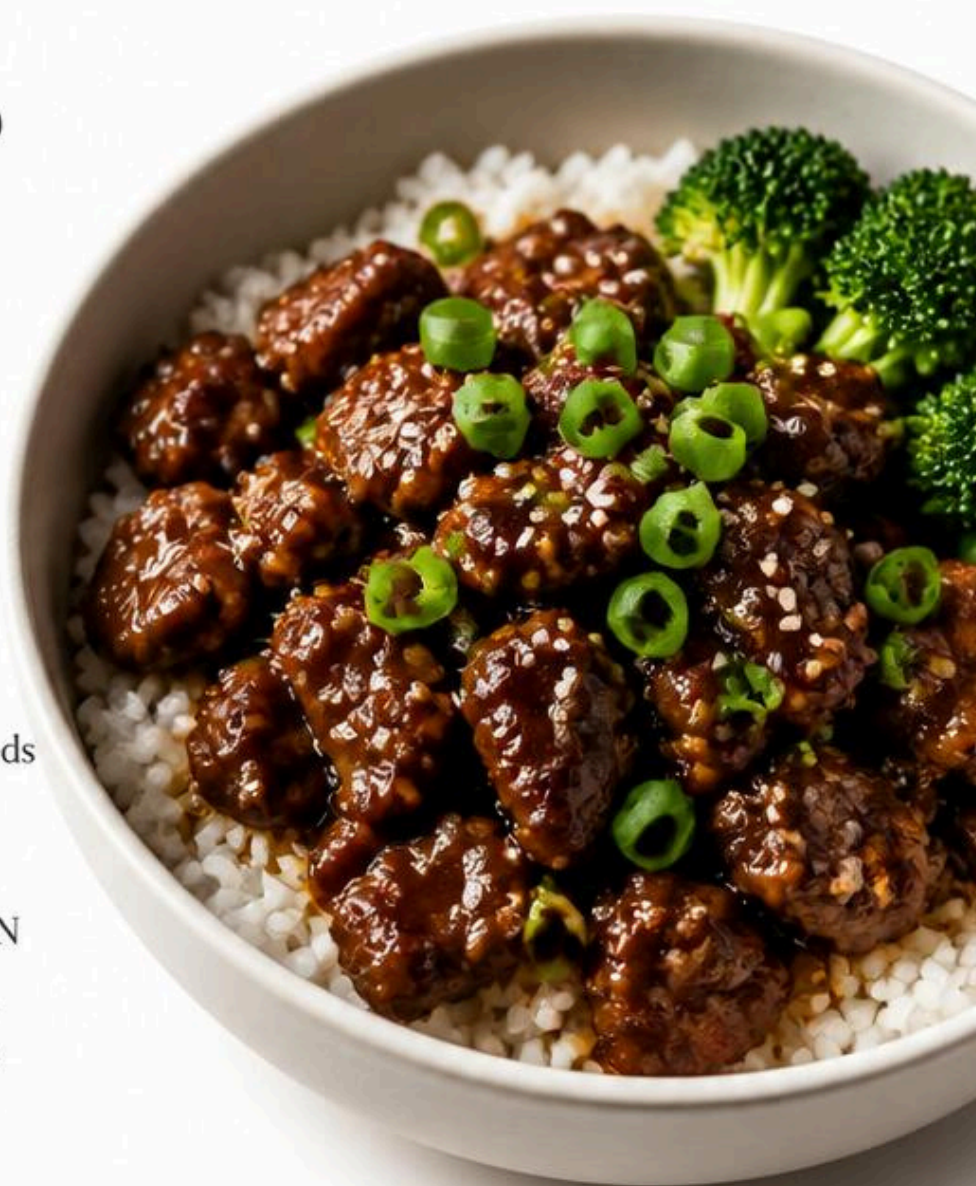
560

PROTEIN

32g

## DIRECTIONS

1. Cook rice and set aside.
2. Heat oil and cook beef until browned.
3. Add garlic and sauté until fragrant.
4. Mix soy sauce and honey, then pour into pan.
5. Simmer until sauce thickens and coats beef.
6. Serve over rice and top with green onions.



# HONEY GINGER CHICKEN BOWL

## INGREDIENTS

Chicken breast or thighs, sliced

Cooked rice

Honey

Fresh ginger, grated

Garlic, minced

Soy sauce

Olive oil

Optional: carrots, broccoli,  
sesame seeds



CALORIES

540

PROTEIN

38g

## DIRECTIONS

1. Cook rice and set aside.
2. Sauté chicken in oil until golden.
3. Add garlic and ginger.
4. Stir in honey and soy sauce.
5. Simmer until glazed and sticky.
6. Serve over rice with vegetables.

# GARLIC HERB MUSHROOM AND EGG BOWL

## INGREDIENTS

Mushrooms, sliced

Eggs (fried or soft boiled)

Garlic, minced

Butter or olive oil

Cooked rice, quinoa, or  
toast base

Spinach or greens

Salt and pepper

Fresh herbs (parsley or thyme)



CALORIES

460

PROTEIN

24g

## DIRECTIONS

1. Sauté mushrooms in butter with garlic until golden.
2. Season with salt, pepper, and herbs.
3. Cook eggs to preferred style.
4. Prepare base (rice, quinoa, or greens).
5. Assemble bowl with mushrooms and eggs.
6. Serve warm.

# SPICY SRIRACHA TUNA SALAD BOWL

## INGREDIENTS

Canned tuna, drained  
Sriracha sauce  
Mayonnaise or Greek yogurt  
Soy sauce  
Cooked rice or quinoa  
Cucumber, sliced  
Avocado  
Carrots, shredded  
Sesame seeds  
Green onions



## CALORIES

**430**

## PROTEIN

**32g**

## DIRECTIONS

1. Mix tuna with sriracha, mayo/yogurt, and soy sauce.
2. Prepare rice or quinoa base.
3. Arrange cucumber, carrots, and avocado in bowl.
4. Add spicy tuna mixture on top.
5. Sprinkle sesame seeds and green onions.
6. Serve chilled or room temperature.

# BARBECUE BEEF AND CHEDDAR BOWL

## INGREDIENTS

- Beef (ground or shredded)
- BBQ sauce
- Cooked rice or mashed potatoes
- Cheddar cheese, shredded
- Corn (optional)
- Onion (optional)
- Pickles (optional)

| CALORIES | PROTEIN |
|----------|---------|
| 620      | 36g     |

## DIRECTIONS

1. Cook beef until browned and fully cooked.
2. Stir in BBQ sauce and simmer.
3. Prepare rice or mashed potatoes as base.
4. Add BBQ beef on top.
5. Sprinkle cheddar cheese while hot.
6. Add optional toppings like pickles or corn.



# MAPLE DIJON CHICKEN BOWL

## INGREDIENTS

Chicken breast or thighs

Maple syrup

Dijon mustard

Garlic powder

Olive oil

Salt and pepper

Cooked rice or quinoa

Roasted vegetables  
(broccoli, carrots, etc.)



## CALORIES

540

## PROTEIN

38g

## DIRECTIONS

1. Mix maple syrup, Dijon mustard, garlic, salt, and pepper.
2. Marinate chicken for 15–30 minutes.
3. Bake or pan-cook until golden and cooked through.
4. Roast vegetables if not already prepared.
5. Serve chicken over rice or quinoa.
6. Drizzle extra sauce on top.

# SWEET CHILI SHRIMP AND SNAP PEA BOWL

## INGREDIENTS

Shrimp, peeled  
Snap peas  
Sweet chili sauce  
Soy sauce  
Garlic, minced  
Cooked rice or noodles  
Sesame oil (optional)  
Green onions  
Sesame seeds

## CALORIES

450

## PROTEIN

28g

## DIRECTIONS

1. Sauté garlic in oil.
2. Add shrimp and cook until pink.
3. Add snap peas and cook lightly.
4. Stir in sweet chili and soy sauce.
5. Serve over rice or noodles.
6. Top with sesame seeds and green onions.



# PINEAPPLE TERIYAKI SALMON BOWL

## INGREDIENTS

Salmon fillet  
Teriyaki sauce  
Pineapple chunks  
Soy sauce  
Garlic, minced  
Cooked rice  
Broccoli or snap peas  
Sesame seeds  
Green onions

CALORIES

**520**  
kcal

PROTEIN

**34**  
g



## DIRECTIONS

1. Marinate salmon in teriyaki sauce briefly.
2. Bake or pan-sear until cooked through.
3. Sauté pineapple lightly for caramelization.
4. Prepare rice and vegetables.
5. Assemble bowl with rice, veggies, salmon, and pineapple.
6. Top with sesame seeds and green onions.

# CAJUN SHRIMP AND SAUSAGE BOWL

## INGREDIENTS

Shrimp, peeled  
Smoked sausage, sliced  
Cajun seasoning  
Garlic powder  
Bell peppers  
Cooked rice  
Olive oil or butter  
Salt and pepper  
Optional: green onions,  
hot sauce

CALORIES

**540**

PROTEIN

**34g**

## DIRECTIONS

1. Heat oil in skillet and cook sausage until browned.
2. Add bell peppers and sauté.
3. Add shrimp and Cajun seasoning.  
Cook until shrimp turn pink.
4. Prepare rice base.
5. Assemble bowl and top with  
sausage shrimp mix.



# BUFFALO CHICKEN BLUE CHEESE BOWL

## INGREDIENTS

- Cooked chicken, shredded
- Buffalo sauce
- Cooked rice
- Lettuce or cabbage
- Blue cheese crumbles
- Ranch or blue cheese dressing
- Optional: celery, carrots, avocado

## CALORIES

540

## PROTEIN

36g

## DIRECTIONS

1. Toss chicken with buffalo sauce.
2. Prepare rice base.
3. Add lettuce or cabbage.
4. Top with buffalo chicken.
5. Sprinkle blue cheese and drizzle dressing.
6. Serve warm.



# MEDITERRANEAN ROASTED CHICKPEA BOWL

## INGREDIENTS

Chickpeas, drained  
Olive oil  
Paprika or cumin  
Salt and pepper  
Cooked quinoa or rice  
Cucumber  
Tomato  
Red onion  
Feta cheese  
Tzatziki or lemon dressing

## CALORIES

480 kcal

## PROTEIN

18 g

## DIRECTIONS

1. Roast chickpeas with olive oil and spices until crispy.
2. Prepare quinoa or rice base.
3. Chop fresh vegetables.
4. Assemble bowl with grains, veggies, and chickpeas.
5. Add feta and dressing.
6. Serve fresh or warm.



# BBQ PULLED CHICKEN BOWL

## INGREDIENTS

Cooked chicken, shredded

BBQ sauce

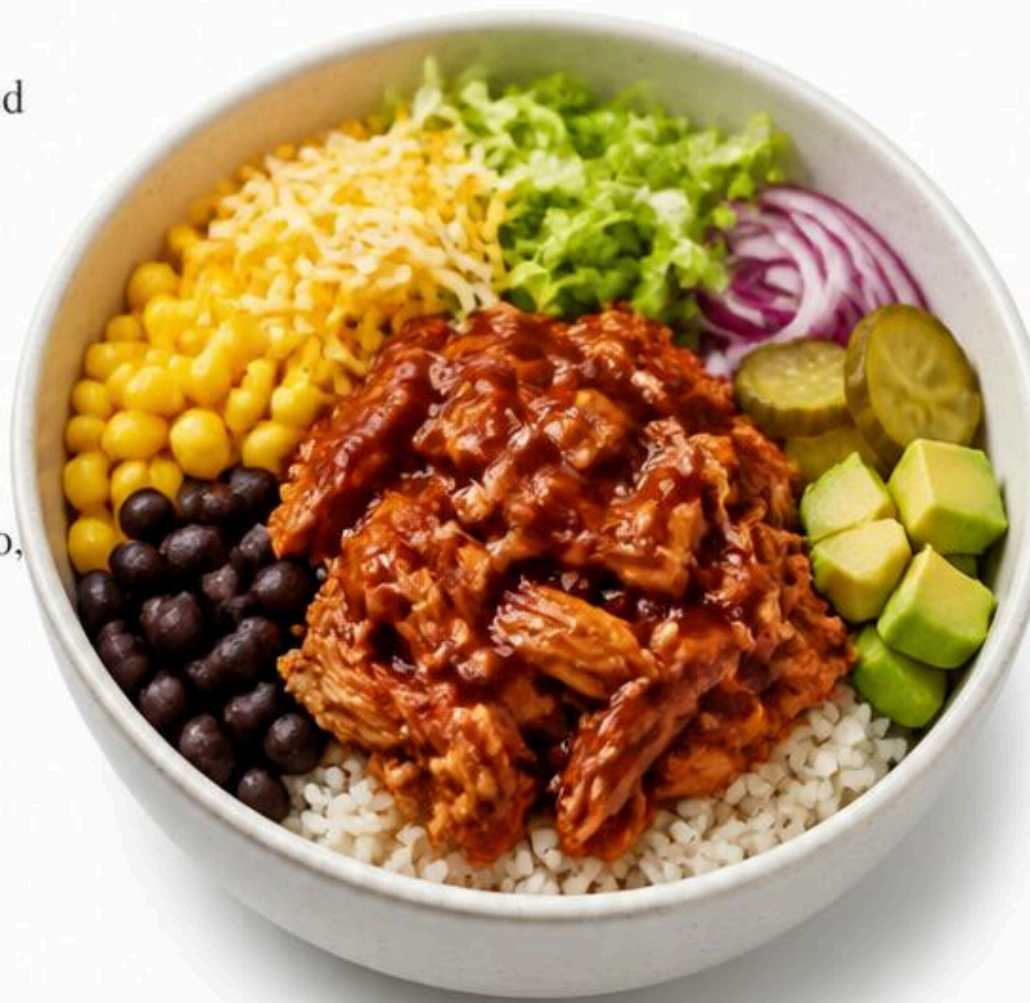
Cooked rice

Corn

Black beans

Lettuce or cabbage

Optional: cheese, avocado,  
pickles, red onion



## CALORIES

540

## PROTEIN

34g

## DIRECTIONS

1. Warm shredded chicken and mix with BBQ sauce.
2. Prepare rice as base.
3. Add corn, beans, and greens to bowl.
4. Top with BBQ chicken.
5. Add optional toppings like cheese or avocado.
6. Serve warm.

# GREEK CHICKEN SOUVLAKI BOWL

## INGREDIENTS

- Chicken breast, cubed
- Olive oil
- Lemon juice
- Garlic, minced
- Oregano
- Salt and pepper
- Cooked rice or quinoa
- Cucumber
- Tomato
- Red onion
- Tzatziki sauce
- Optional: feta cheese, olives



CALORIES

520

PROTEIN

36g

## DIRECTIONS

1. Marinate chicken with olive oil, lemon, garlic, oregano, salt, and pepper.
2. Cook chicken in a skillet or grill until golden.
3. Prepare rice or quinoa base.
4. Chop fresh vegetables.
5. Assemble bowl with grains, chicken, and veggies.
6. Top with tzatziki and feta.

# SESAME CRISPY TOFU BOWL

## INGREDIENTS

Firm tofu, cubed

Cooked rice

Soy sauce

Sesame oil

Cornstarch (for crispiness)

Garlic, minced

Ginger, grated

Sesame seeds

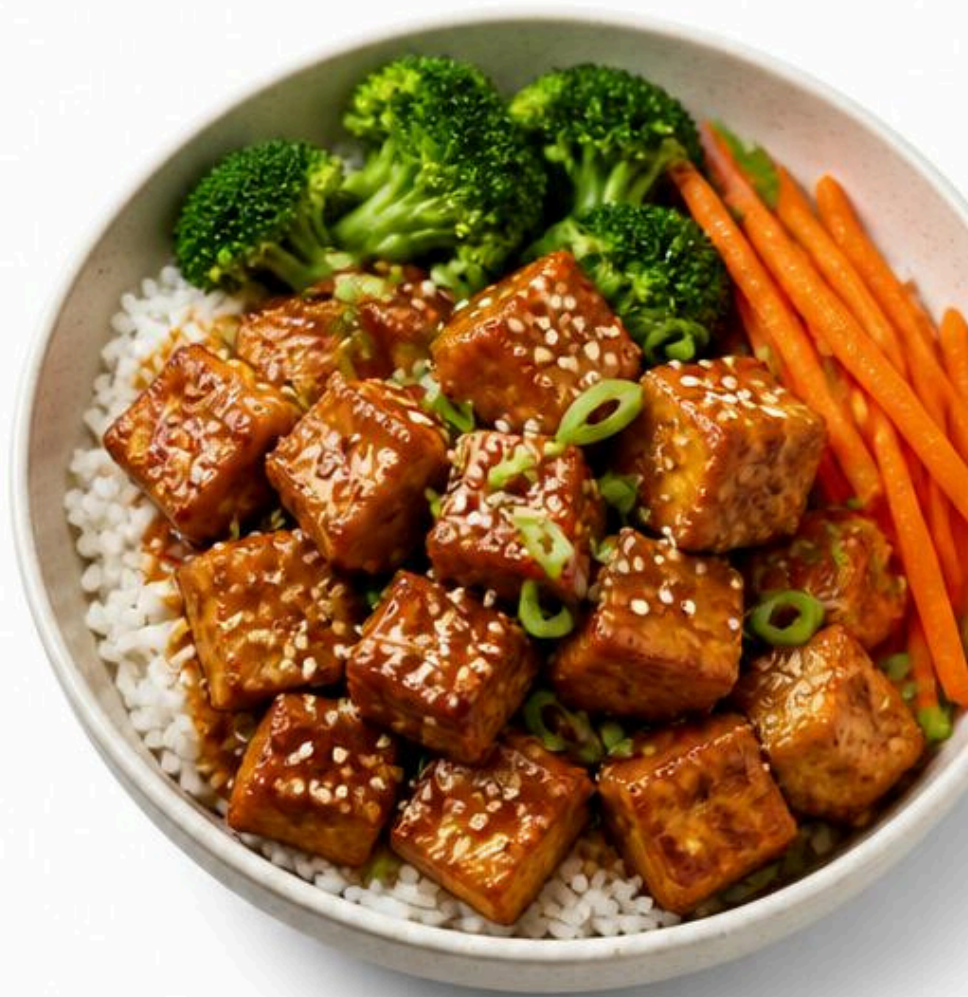
Optional: broccoli, carrots,  
green onions

CALORIES

**520**

PROTEIN

**24g**



## DIRECTIONS

1. Coat tofu with cornstarch.
2. Pan-fry until golden and crispy.
3. Add garlic, ginger, soy sauce, and sesame oil.
4. Toss until coated.
5. Serve over rice with vegetables.
6. Top with sesame seeds.

# LEMON HERB SALMON BOWL

## INGREDIENTS

Salmon fillet

Cooked rice or quinoa

Lemon juice

Garlic, minced

Olive oil

Fresh herbs (parsley or dill)

Salt and pepper

Optional: avocado, cucumber, spinach



CALORIES

520

PROTEIN

34g

## DIRECTIONS

1. Bake or pan-sear salmon until cooked through.
2. Season with lemon juice, garlic, and herbs.
3. Prepare rice or quinoa base.
4. Place salmon on top.
5. Add fresh vegetables or avocado.
6. Serve warm with extra lemon.

# TERIYAKI SKIRT STEAK BOWL

## INGREDIENTS

Skirt steak  
Soy sauce  
Brown sugar or honey  
Garlic, minced  
Ginger, grated  
Cooked rice  
Broccoli or green beans  
Sesame oil  
Sesame seeds  
Green onions

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## CALORIES

620

## PROTEIN

38g

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## DIRECTIONS

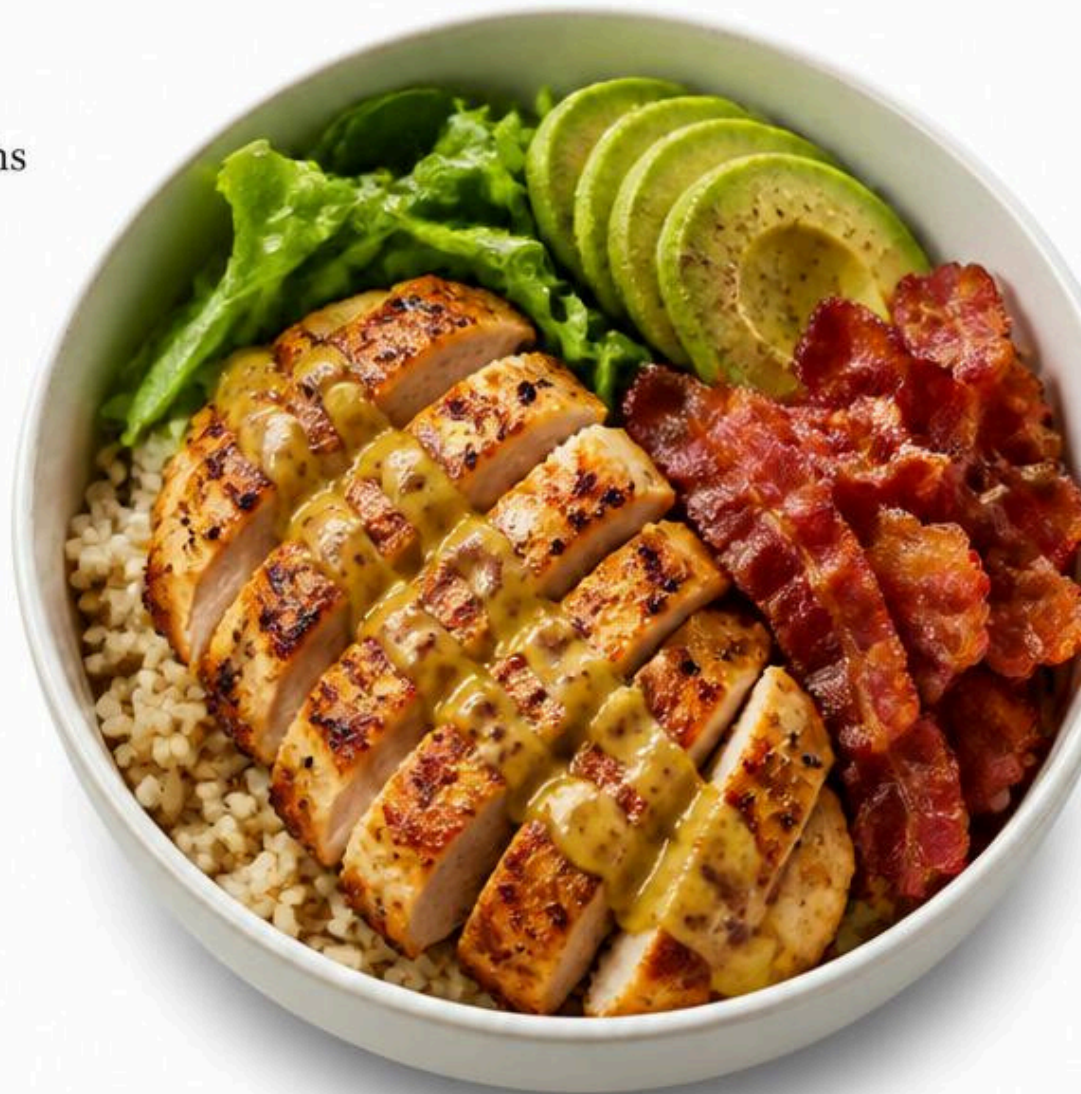
1. Marinate steak in soy sauce, garlic, ginger, and sweetener.
2. Sear steak on high heat and slice thinly.
3. Cook vegetables lightly.
4. Prepare rice base.
5. Assemble bowl with rice, veggies, and steak.
6. Drizzle remaining teriyaki sauce and garnish.



# HONEY MUSTARD CHICKEN AND BACON BOWL

## INGREDIENTS

Chicken breast or thighs  
Bacon strips  
Honey Dijon mustard  
Cooked rice or quinoa  
Lettuce or spinach  
Avocado (optional)  
Salt and pepper



**CALORIES**  
**620**

**PROTEIN**  
**42g**

## DIRECTIONS

1. Cook bacon until crispy and set aside.
2. Cook chicken and season well.
3. Mix honey and Dijon mustard for sauce.
4. Slice chicken and mix with sauce.
5. Prepare rice or greens base.
6. Top with chicken, bacon, and avocado.

# FALAFEL AND HUMMUS MEZZE BOWL

## INGREDIENTS

Falafel (store-bought or homemade)

Hummus

Cucumber, sliced

Cherry tomatoes

Red onion, sliced

Lettuce or greens

Olives

Tahini or tzatziki sauce

Optional: pita bread, feta



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CALORIES

520

PROTEIN

19g

## DIRECTIONS

1. Prepare or heat falafel until crispy.
2. Spread hummus as base or side in bowl.
3. Add greens, cucumber, tomatoes, and onion.
4. Arrange falafel on top.
5. Drizzle tahini or tzatziki.
6. Serve with pita if desired.

# HARVEST TURKEY AND APPLE BOWL

## INGREDIENTS

- Ground turkey or sliced turkey
- Apples, sliced
- Cooked quinoa or rice
- Spinach or mixed greens
- Walnuts or pecans
- Cranberries (optional)
- Olive oil
- Dijon mustard (optional dressing)
- Salt and pepper



CALORIES

**430**

PROTEIN

**32g**

## DIRECTIONS

1. Cook turkey in a pan with salt, pepper, and seasoning.
2. Prepare quinoa or rice base.
3. Slice apples and prepare greens.
4. Assemble bowl with grains, turkey, apples, and greens.
5. Add nuts and cranberries.
6. Drizzle olive oil or light Dijon dressing.

# CITRUS HERB TILAPIA BOWL

## INGREDIENTS

Tilapia fillets  
Orange or lemon juice  
Garlic, minced  
Olive oil  
Fresh herbs (parsley, cilantro, dill)  
Cooked rice or quinoa  
Cucumber  
Avocado  
Salt and pepper

## CALORIES

420

## PROTEIN

32g

## DIRECTIONS

1. Season tilapia with citrus juice, garlic, herbs, salt, and pepper.
2. Pan-sear or bake until flaky.
3. Prepare rice or quinoa base.
4. Slice cucumber and avocado.
5. Assemble bowl with fish and fresh vegetables.
6. Finish with extra citrus juice.



# ROASTED CAULIFLOWER AND LENTIL BOWL

## INGREDIENTS

Cauliflower florets  
Cooked lentils  
Olive oil  
Cumin or smoked paprika  
Garlic powder  
Salt and pepper  
Cooked rice or quinoa  
Lemon juice  
Optional: tahini, parsley, yogurt

CALORIES

560

PROTEIN

24g



## DIRECTIONS

1. Roast cauliflower with olive oil and spices at 200°C (400°F) for 25 minutes.
2. Heat cooked lentils with seasoning.
3. Prepare rice or quinoa base.
4. Assemble bowl with grains, lentils, and cauliflower.
5. Drizzle with lemon juice or tahini.
6. Serve warm.

# HOISIN GLAZED PORK CHOP BOWL

## INGREDIENTS

Pork chops  
Hoisin sauce  
Soy sauce  
Garlic, minced  
Ginger, grated  
Honey (optional)  
Cooked rice  
Broccoli or mixed vegetables  
Green onions  
Sesame seeds



## CALORIES

580

## PROTEIN

38g

## DIRECTIONS

1. Mix hoisin sauce, soy sauce, garlic, ginger, and honey.
2. Marinate pork chops for 15–30 minutes.
3. Pan-sear or grill pork until cooked through.
4. Brush with extra glaze while cooking.
5. Prepare rice and steam vegetables.
6. Slice pork and serve over rice with toppings.

# LEMON GARLIC TILAPIA BOWL

## INGREDIENTS

Tilapia fillets

Lemon juice

Garlic, minced

Olive oil or butter

Rice or quinoa

Broccoli or spinach

Salt and pepper

Optional: parsley, chili flakes



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CALORIES

**420**

PROTEIN

**32g**

## DIRECTIONS

1. Season tilapia with lemon, garlic, salt, and pepper.
2. Pan-sear or bake until flaky.
3. Cook rice or quinoa as base.
4. Steam or sauté vegetables.
5. Assemble bowl with base, veggies, and fish.
6. Finish with lemon juice and herbs.

# CREAMY TUSCAN SALMON BOWL

## INGREDIENTS

Salmon fillets  
Garlic, minced  
Spinach  
Sun-dried tomatoes  
Heavy cream  
Parmesan cheese  
Olive oil  
Cooked rice or quinoa  
Salt and pepper



## CALORIES

620

## PROTEIN

38g

## DIRECTIONS

1. Sear salmon in a skillet until golden and cooked through. Remove salmon and set aside.
2. In same pan, sauté garlic, sun-dried tomatoes, and spinach.
3. Add cream and parmesan to create sauce.
4. Return salmon to coat in sauce.
5. Serve over rice or quinoa.

# SOUTHWESTERN TURKEY BURGER BOWL

## INGREDIENTS

Ground turkey  
Cumin  
Chili powder  
Garlic powder  
Salt and pepper  
Lettuce or cabbage  
Rice or quinoa  
Black beans  
Corn  
Avocado  
Salsa or chipotle sauce

**CALORIES**      **PROTEIN**

**520**

**36g**



## DIRECTIONS

1. Season turkey with spices and form small patties or crumbles.
2. Cook turkey in skillet until browned.
3. Prepare rice or quinoa base.
4. Add lettuce, beans, corn, and avocado.
5. Top with cooked turkey.
6. Add salsa or chipotle sauce.

# PEANUT SAUCE VEGGIE BOWL

## INGREDIENTS

Rice or noodles  
Carrots, shredded  
Cucumber, sliced  
Bell peppers, sliced  
Edamame or tofu (optional)  
Peanut butter  
Soy sauce  
Lime juice  
Honey or maple syrup  
Garlic or ginger  
Water (to thin sauce)



## CALORIES

520

## PROTEIN

18g

## DIRECTIONS

1. Whisk peanut butter, soy sauce, lime juice, honey, garlic, and water into sauce.
2. Cook rice or noodles as base.
3. Prepare fresh vegetables.
4. Arrange veggies over base.
5. Drizzle with peanut sauce.
6. Toss and serve cold or room temp.

# CUBAN BLACK BEAN AND PLANTAIN BOWL

## INGREDIENTS

Black beans (cooked or canned)  
Ripe plantains, sliced  
Rice (white or brown)  
Onion, chopped  
Garlic, minced  
Olive oil  
Cumin  
Salt and pepper  
Lime juice  
Optional: avocado, cilantro, salsa



**520**  
CALORIES

**18g**  
PROTEIN

## DIRECTIONS

1. Fry or bake plantain slices until golden and caramelized.
2. Sauté onion and garlic in olive oil.
3. Add black beans, cumin, salt, and pepper; heat through.
4. Prepare rice as base.
5. Assemble bowl with rice, beans, and plantains.  
Finish with lime juice and optional toppings.

# PHILLY CHEESESTEAK STYLE BOWL

## INGREDIENTS

Beef (thinly sliced)

Onion, sliced

Bell peppers, sliced

Olive oil

Salt and pepper

Cooked rice or cauliflower rice

Provolone or cheddar cheese



## CALORIES

520

## PROTEIN

36g

## DIRECTIONS

1. Sauté onions and peppers until soft.
2. Cook beef in same pan until browned.
3. Season with salt and pepper.
4. Prepare rice or cauliflower rice base.
5. Assemble bowl with beef and vegetables.
6. Top with melted cheese.

# PESTO GRILLED SHRIMP BOWL

## INGREDIENTS

Shrimp, peeled  
Basil pesto  
Olive oil  
Garlic, minced  
Cooked quinoa or rice  
Cherry tomatoes  
Spinach or arugula  
Optional: parmesan cheese,  
lemon juice



## CALORIES

450

## PROTEIN

34g

## DIRECTIONS

1. Sauté shrimp with garlic and olive oil.
2. Toss shrimp with pesto.
3. Prepare quinoa or rice base.
4. Add greens and tomatoes.
5. Top with pesto shrimp.
6. Finish with parmesan or lemon juice.

# GINGER SOY GLAZED SALMON BOWL

## INGREDIENTS

Salmon fillets  
Soy sauce  
Ginger, grated  
Garlic, minced  
Honey or brown sugar  
Sesame oil  
Cooked rice or quinoa  
Broccoli or snap peas  
Sesame seeds  
Green onions

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## CALORIES

520

## PROTEIN

34g

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## DIRECTIONS

1. Mix soy sauce, ginger, garlic, honey, and sesame oil.
2. Brush salmon with glaze and bake or pan-sear until cooked.
3. Steam vegetables.
4. Prepare rice or quinoa base.
5. Assemble bowl with grains, veggies, and salmon.
6. Garnish with sesame seeds and green onions.



# LEMON MEDITERRANEAN CHICKPEA BOWL

## INGREDIENTS

Chickpeas (canned or cooked)  
Olive oil  
Lemon juice  
Garlic, minced  
Cucumber, diced  
Cherry tomatoes  
Red onion  
Cooked quinoa or rice  
Feta cheese (optional)  
Salt, pepper, oregano

CALORIES

**450**

PROTEIN

**18g**



## DIRECTIONS

1. Rinse and season chickpeas with olive oil, lemon, garlic, and spices.
2. Prepare quinoa or rice base.
3. Add cucumber, tomatoes, and onion.
4. Top with chickpeas and feta.
5. Drizzle extra lemon juice or olive oil.
6. Serve fresh.

# MANGO SALSA TILAPIA BOWLS

## INGREDIENTS

Tilapia fillets  
Mango, diced  
Red bell pepper, diced  
Red onion, chopped  
Cilantro  
Lime juice  
Rice (brown or white)  
Salt and pepper  
Optional: avocado, chili flakes

## CALORIES

**430**

PER SERVING

## PROTEIN

**32g**

PER SERVING



## DIRECTIONS

1. Cook rice and set aside.
2. Season and pan-cook or bake tilapia until flaky.
3. Mix mango, pepper, onion, cilantro, and lime juice.
4. Assemble bowl: rice base + tilapia + salsa.
5. Add avocado or chili if desired.
6. Serve fresh and colorful.