

Clean Eating Build-A-Bowl for Lunch or Dinner!



Ingredients

Protein – 120 calories chicken, turkey, fish, tempeh, tofu, edamame, or eggs made with 1 tsp HEALTHY oil.

Instructions

1. Grain – 1/2c quinoa, brown rice or diced, cooked sweet potato.
2. Greens – 1c kale, baby spinach, or other leafy greens (I used fresh chopped Red Leaf lettuce, here)
3. Veggies – 1c roasted, steamed or raw veggies
4. Beans – 2T-3T of your choice of beans(optional) If using canned, be sure to rinse!
5. Fat – 50 calories avocado, feta cheese, hummus, guacamole, or homemade dressing (from CFC dressing guide).

Unlimited fresh lime, lemon juice, or vinegar may also be used as additional dressing.

6. Seal, store (dressing/fats separate) in the refrigerator & eat within 3-4 days.

<http://cleanfoodcrush.com/build-a-bowl/>