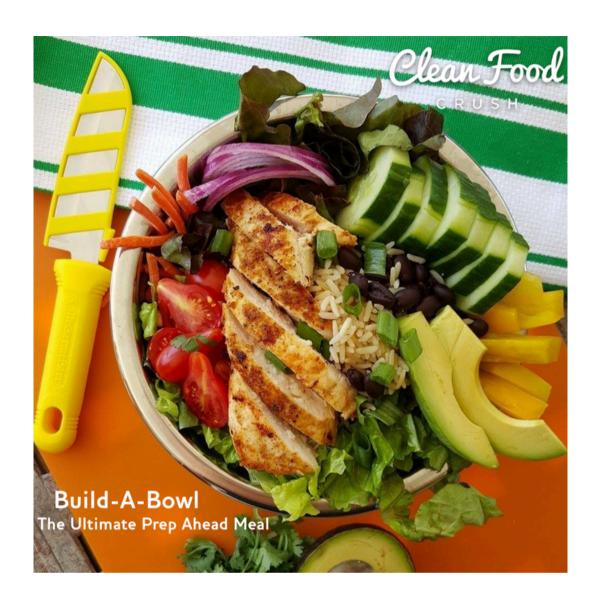
## Clean Eating Build-A-Bowl for Lunch or Dinner!



## **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/