

THE WHOLE U GUIDE TO MAKING SWEET & SAVORY POWER BOWLS

SAVORY POWER BOWLS

1. Pick a grain and cook according to its instructions.
2. Pick a protein and prepare as desired (e.g. roasted, baked, etc.).
3. Select your veggies for roasting. Prepare as desired and roast (425° F for ~20-25 minutes).
4. Select your fresh veggies and prepare as desired (e.g. sliced, diced, cubed, etc.).
5. Choose your extras to provide additional texture, flavor and color.

HINT: Power bowls are totally customizable and perfect for improvisation in the kitchen. However, if you need more structure, think about themes that you can use as inspiration. For instance, put your own spin on a Greek salad by choosing quinoa, baked tofu, roasted eggplant, diced tomato and cucumber, kalamata olives, feta cheese crumbles, fresh oregano, and oil & vinegar.



GRAINS

~1/4 of your bowl

- Quinoa
- Farro
- Barley
- Bulgur
- Brown rice
- Freekeh



PROTEIN

~1/4 of your bowl

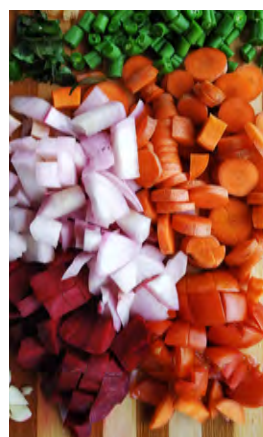
- Chickpeas
- Lentils
- Beans
- Tofu
- Tempeh
- Cooked egg
- Canned tuna
- Cooked salmon
- Cooked chicken, other animal proteins



ROASTED VEGGIES

~1/4 of your bowl

- Roasted tomatoes
- Sweet potato
- Squash
- Corn
- Brussels sprouts
- Asparagus
- Broccoli
- Eggplant
- Red onion
- Cauliflower



FRESH VEGGIES

~1/4 of your bowl

- Tomato
- Bell pepper
- Baby carrots
- Celery
- Artichoke hearts
- Cucumber
- Spinach
- Chopped kale
- Shelled edamame
- Snow peas
- Beets



EXTRAS

To taste, in moderation

- Chopped nuts
- Crumbled cheese
- Diced avocado
- Olives
- Fresh herbs
- Pesto sauce
- Tahini sauce
- Curry sauce
- Teriyaki sauce
- Buffalo sauce
- Salsa
- Salad dressing
- Oil & vinegar
- Lime juice

SWEET POWER BOWLS

1. Pick a grain and cook according to its instructions*. For a no-cook method, try overnight oats**.
2. Pick a protein to add to your bowl, e.g. 1-2 Tbsp of your favorite nut butter or yogurt, 1 Tbsp of the nut varietal of your choosing.
3. Select your fresh and/or dried fruit. Slice or dice fresh fruit into bite-sized pieces. Larger dried fruits, such as dates or figs, may need to be chopped as well.
5. Choose your extras to complement the other ingredients and provide texture, flavor and color.

HINT: Turn to your favorite baked goods or smoothies for inspiration. Banana nut muffins, meet steel cut oats cooked in almond milk with sliced banana, almond butter, chopped walnuts and cinnamon. Caribbean dream smoothie, meet old-fashioned rolled oats soaked overnight in milk with Greek yogurt, pineapple, mango, shredded coconut and chia seeds.



GRAINS

~1/4 of your bowl

- Old-fashioned rolled oats
- Steel cut oats



PROTEIN

~1/4 of your bowl

- Milk
- Greek yogurt
- Red lentils^
- Nut butter
- Chopped or sliced nuts



FRESH FRUIT

~1/3 to 1/2 of your bowl

- Apple
- Strawberries
- Raspberries
- Pomegranate seeds
- Mango
- Peach
- Banana
- Pineapple
- Passionfruit
- Pear
- Blueberries
- Blackberries



DRIED FRUIT

1-2 Tbsp

- Cherries
- Cranberries
- Apricots
- Raisins
- Dates
- Figs



EXTRAS

To taste, in moderation

- Granola
- Brown sugar
- Honey
- Dried or shredded coconut
- Chia seeds
- Ground flaxseed
- Cinnamon
- Nutmeg
- Grated ginger

INSPIRED BY:

- <https://thewholeu.uw.edu/2020/04/06/boost-your-day-with-a-power-bowl/>
- <https://ohsheglows.com/2019/03/07/meal-prep-week-long-power-bowls/>
- <https://www.loveandlemons.com/grain-bowl/>
- <https://www.brit.co/grain-bowls/>

ADDITIONAL RESOURCES

Page 1:

- [Guide to Cooking with Whole Grains](#)
- [Whole Grain Cook Times](#)
- [The Healthy Eating Plate](#)

Page 2:

- [*How to Cook Oats](#)
- [**Q&A on Overnight Oats](#)
- [^How to Cook Oats with Red Lentils](#)