

Whole Food Bowls

(inspired by Myra Lewin)



Start with a bunch of steamed or sauteed chopped greens. You can use any combination of,

- kale
- spinach
- arugula
- collards

Next, add a whole grain or healthy starch.

- quinoa
- brown or white basmati rice
- rice or buckwheat soba noodle
- sweet potatoes

Then add some more veggies (chopped, grated and sauteed or steamed),

- broccoli
- brussels Sprouts
- cauliflower (baked)
- bell pepper
- grated beets and carrots

Add a protein:

- well cooked beans of any kind
- tempeh
- paneer
- hummus
- chicken or shrimp
- hard-boiled eggs (can keep a dozen in the fridge)

Then some toppings:

- avocado
- nuts
- seeds (toasted sunflower and pumpkin seeds add a nice crunch)
- goat cheese
- olive oil, lemon, garlic, sea salt and pepper tahini-lemon bliss dressing*

*** Tahini – Lemon Bliss Dressing (recipe by Myra Lewin)**

Store in fridge for up to a week. Double or triple the recipe as needed.

- ½ cup sesame tahini
- ½ cup fresh lemon juice
- 1 clove garlic
- ½ cup water
- Salt to taste

To make this easier, try these tips:

- Buy, wash and chop your veggies in advance, and store them in the fridge, so you have to toss in your pot or pan.
- Have avocados, lemons, nuts and seeds on hand.
- Use a rice cooker.
- When you're cleaning up from supper, soak a grain you'd like to have the next day. In morning, drain, rinse and cook in your rice cooker to have on hand for the day. If you nuts, you can also soak a small handful or 2 of raw nuts each night. Rinse, drain, and to toss on top of a bowl of porridge or grain.
- [How and why to soak beans, grains and nuts/seeds](#)