

Choose your ingredients and follow the bowl formula to build a yummy, nutrient-packed meal! At the end of the month, you'll have a new set of go-to recipes to add to your rotation. You might even gain some new meal prep skills.



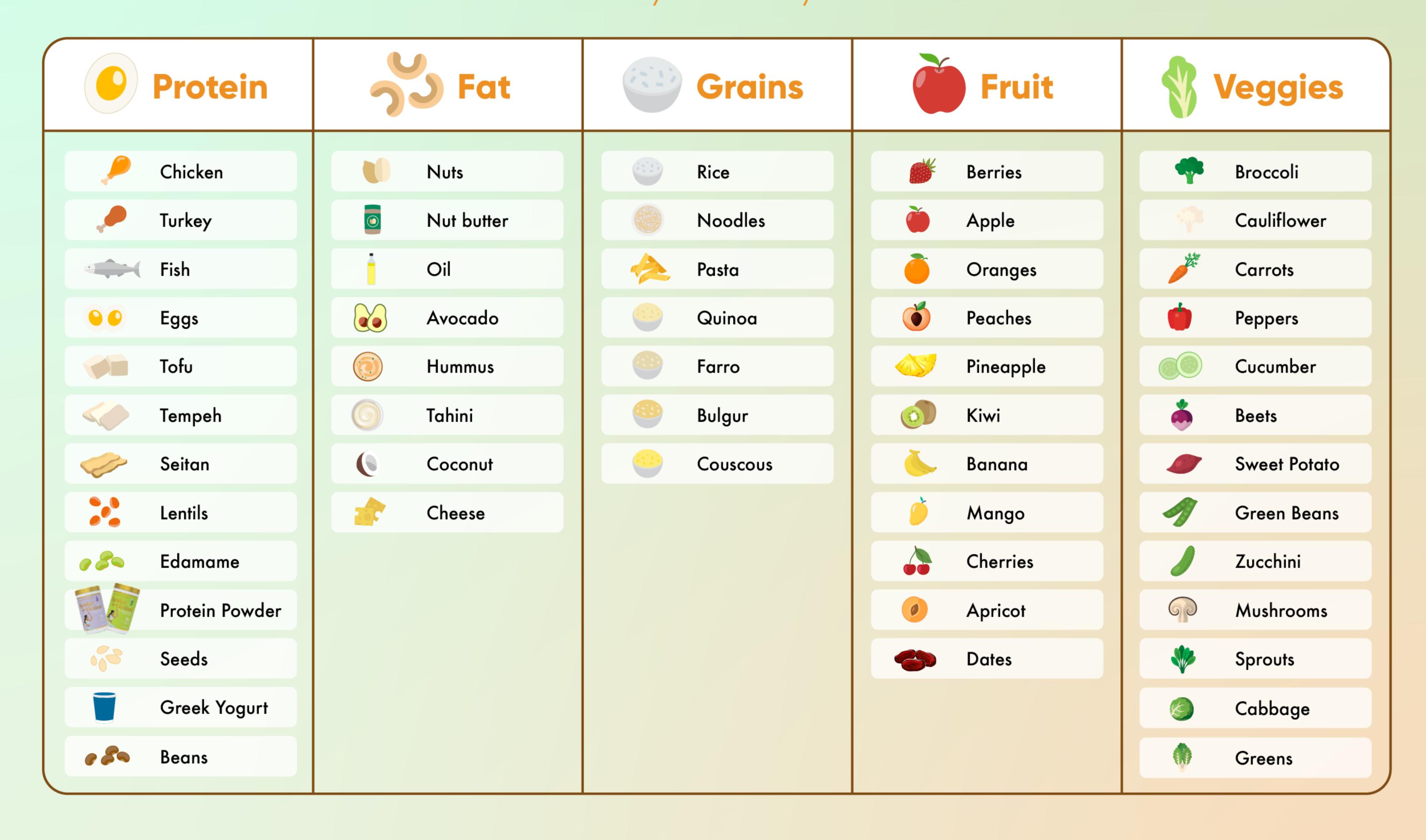
Week 1: Smoothie Bowl

Week 2: Nourish Bowl

Week 3: Warm Breakfast Bowl

Week 4: Greens Bowl

To get started, print the ingredient list and blank calendar so you can plan your bowls! Feel free to season or dress your bowl as you like! Have fun with it!



GILATES

