Build-A-Bowl Challenge

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.

Every week = a new bowl!

- **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!

### Protein
- Chicken
- Turkey
- Fish
- Eggs
- Tofu
- Tempeh
- Seitan
- Lentils
- Edamame
- Protein Powder
- Seeds
- Greek Yogurt
- Beans

### Fat
- Nuts
- Nut butter
- Oil
- Avocado
- Hummus
- Tahini
- Coconut
- Cheese

### Grains
- Rice
- Noodles
- Pasta
- Quinoa
- Farro
- Bulgur
- Couscous

### Fruit
- Berries
- Apple
- Oranges
- Peaches
- Pineapple
- Kiwi
- Banana
- Mango
- Cherries
- Apricot
- Dates

### Veggies
- Broccoli
- Cauliflower
- Carrots
- Peppers
- Cucumber
- Beets
- Sweet Potato
- Green Beans
- Zucchini
- Mushrooms
- Sprouts
- Cabbage
- Greens

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## Week 1: Smoothie Bowl

- **2 fruits**
- **2 fats**
- **1 protein**
- **1 veggie**
- **1 liquid**

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## Week 2: Nourish Bowl

- **1 grain**
- **2 proteins**
- **1 fat**
- **2 veggies**

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## Week 3: Warm Breakfast Bowl

- **1 grain (optional)**
- **1 protein**
- **1 fat**
- **2-3 veggies**

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## Week 4: Greens Bowl

- **Greens base**
- **2 veggies**
- **2-3 proteins**
- **1-2 fat**

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