

# 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	 Fat	 Grains	 Fruit	 Veggies
 Chicken	 Nuts	 Rice	 Berries	 Broccoli
 Turkey	 Nut butter	 Noodles	 Apple	 Cauliflower
 Fish	 Oil	 Pasta	 Oranges	 Carrots
 Eggs	 Avocado	 Quinoa	 Peaches	 Peppers
 Tofu	 Hummus	 Farro	 Pineapple	 Cucumber
 Tempeh	 Tahini	 Bulgur	 Kiwi	 Beets
 Seitan	 Coconut	 Couscous	 Banana	 Sweet Potato
 Lentils	 Cheese		 Mango	 Green Beans
 Edamame			 Cherries	 Zucchini
 Protein Powder			 Apricot	 Mushrooms
 Seeds			 Dates	 Sprouts
 Greek Yogurt				 Cabbage
 Beans				 Greens

**Week 1: Smoothie Bowl**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Week 2: Nourish Bowl**

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Week 3: Warm Breakfast Bowl**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Week 4: Greens Bowl**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday