



GET WELL WITH EM



HOW TO MAKE

quick & healthy

MEAL PREP BOWLS





gather the goods

MEAL PREP BOWLS



GREENS



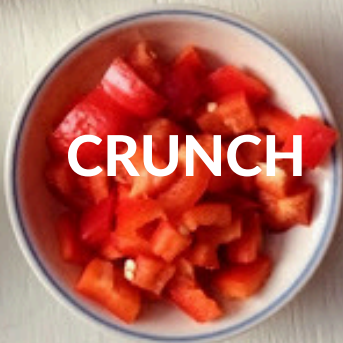
CARBS



SAUCE



PROTEIN



CRUNCH



prep & build

MEAL PREP BOWLS

1

Cook protein at 375 degrees for 30-40 minutes. If you are vegetarian, sub your favorite beans!

2

Prepare your carb of choice. Options include sweet potatoes, quinoa, and brown rice.

3

Saute the greens! Broccoli, spinach, brussel sprouts, & green beans are all great options.

4

Chop the crunchy veggies! Peppers, celery, red cabbage: get creative!

5

Pick a sauce! Hummus, salsa, and pesto are all really versatile.

6

Combine all components in portioned containers for the week. Start with you carb and end with the sauce on top. This keeps everything from getting soggy.

7

When ready to eat, shake to mix everything together before digging in!