



9 Parts of a Recipe-Free Meal Bowl

1. **A healthy protein:** Organic beef, chicken, fish, eggs, etc. or a meatless option. (Lentils, chickpeas, nuts, seeds, crumbled bits of your favorite “healthy” soy-free gluten-free veggie burger).
2. **An Anti-inflammatory oil:** Extra virgin olive oil, avocado oil, ghee, flax seed oil, or macadamia oil.
3. **Heaps of dark leafy greens:** The phytonutrients in leafy greens are packed with antioxidants. Pick a variety of dark leafy greens like kale, Swiss chard, spinach, arugula, parsley, mixed green and red lettuce, beet greens and cilantro are just a few. Use them raw or lightly steamed.
4. **A colorful or firmer veggie:** Leftover veggies from night before, shredded purple cabbage, broccoli, matchstick carrots, peppers, onion, asparagus, or beets.
5. **The secret is in the sauce (or dressing):** You absolutely need some kind of sauce or dressing for your recipe-free bowl. A vinaigrette, creamy dairy-free sauce, tangy citrus sauce dressing, etc.

Sauce combo ideas:

- Basil or kale pesto (see recipe on back)
 - Tahini + garlic +lemon +salt (recipe on back)
 - Almond butter + ginger + maple syrup +tamari + garlic
 - Cashew cream with nutritional yeast
 - Hummus that can be thinned with water or oil to make it pourable.
 - Lemon + olive oil + chopped herbs + garlic + salt and pepper
 - Avocado + cumin + lime juice + red pepper flakes
 - Coconut milk + cilantro + cumin + turmeric + salt and pepper
 - Coconut aminos + vinegar + sesame/olive oil + ginger + garlic
 - Roasted red peppers from jar + vinegar + avocado oil + smoked paprika
6. **Seasonal veggies:** Roasted sweet potato, garlic, onions, asparagus, tomatoes, zucchini, peppers, or fresh fruit like strawberries, blueberries, or pineapple (for an Asian bowl).
 7. **Mix of textures:** A variety of tastes and textures can help your recipe-free bowl shine. Fresh veggies with cooked crisp greens. Crunchy toasted seeds, fresh herbs in your vinaigrette, crisp cucumbers, spiralized veggies for added texture and visual appeal, cubes of creamy velvety avocado, and riced vegetables.
 8. **Optionals:** Gluten-free grains or pseudograins add texture, protein, fiber, and volume. Try cooked quinoa, buckwheat pasta, brown or black rice, or millet.
 9. **Toppings:** Add crunchy pumpkin seeds, sunflower seeds, nuts, green onions, or dried fruit.

- **SEE SAUCES ON BACK**

Basil Kale Pesto Sauce

- 1 cup kale,
- 1 cup basil leaves, (fresh)
- 1-2 garlic cloves,
- 2 Tbls. Nutritional yeast,
- 2/3 cup pine nuts or walnuts,
- 3-4 Tbls. Olive oil,
- 2 tsp. lemon juice,
- salt and pepper

In a blender, combine the kale, basil, garlic, nutritional yeast, and nuts. Pulse just until coarsely chopped. Slowly add olive oil, lemon juice, and salt and pepper, blending until desired consistency. For a thinner sauce, (saucier pesto), add more olive oil or other liquid. (chicken broth is good)

Lemon Tahini Sauce

- ½ cup tahini
- ¼ cup fresh lemon juice
- 6 tablespoons water, plus more as needed
- 1 small garlic clove, grated or pressed
- ½ teaspoon sea salt

In a small bowl, stir together the tahini, lemon juice, water, garlic, and sea salt. Add a little honey if the taste is too sharp

AVOCADO LIME DRESSING

INGREDIENTS

- 2 ripe avocados
- 1-2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tsp honey
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 teaspoon ground cumin
- 1/8 teaspoon garlic powder
- 1/2 cup water

INSTRUCTIONS

Blend all ingredients together in a blender or a mini food processor until smooth. Taste and season as desired. If you want it to be thinner, add a bit more water. Use immediately or store refrigerated in an airtight container.

Asian Almond Butter or Peanut butter Ginger sauce

Almond butter makes a great base for a creamy, Asian-flavored sauce. Use it thick with chicken or shrimp. Thin it and use with cold noodles, cabbage or salads. It keeps week in the refrigerator for a few days. Let it warm up and stir before using.

Ingredients

- 1 tablespoon unseasoned rice vinegar
- 2 teaspoons oil of choice
- 1 teaspoon sesame oil
- 2 tablespoons almond butter or cashew butter
- 2 teaspoons low sodium tamari or soy sauce or coconut aminos
- 1 teaspoon finely grated or pureed ginger from jar
- 1 clove finely chopped garlic
- 1-2 teaspoons honey

Instructions

1. Place everything in a small bowl and stir together until smooth. Use thick or thin with a little warm water.