

Plant Strong Power Bowls

VEGGIES

Choose 2-3!

Avocado
Broccoli
Brussels Sprouts
Butternut Squash
Carrots
Cauliflower
Cherry Tomatoes
Cucumber
Delicata Squash
Greens
Green Beans
Green Onion
Kale
Mushrooms
Red Onion
Red Pepper
Spinach
Summer Squash
Sweet Potato
Tomato
Zucchini

GRAINS

Choose 1!

Amaranth
Barley
Brown Rice
Bulgur Wheat
Farro
Freekeh
Millet
Quinoa
Spelt Berries
Wheat Berries

EXTRAS

Choose 2-3!

Dried Fruit
Fresh Fruit
Fresh Herbs
Microgreens
Nuts
Olives
Raisins
Red Cabbage
Seeds
Sprouts

DRESSING

Choose 1!

Balsamic
Goddess
Hummus
Sesame
Tahini
Bragg's
Peanut Sauce
Pesto

PLANT-BASED PROTEIN

Choose 1-2!

Beans
Chickpeas
Edamame
Lentils
Tofu
Tempeh



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