

# How to Build a Power Bowl

## In 5 Simple Steps

A power bowl is an easy, healthy way to satisfy hunger. Made with almost any ingredients you have on hand and prepared in one bowl, it's a great way to save time and reduce food waste. Make your bowl even more planet-friendly by including locally produced and whole, less processed ingredients.

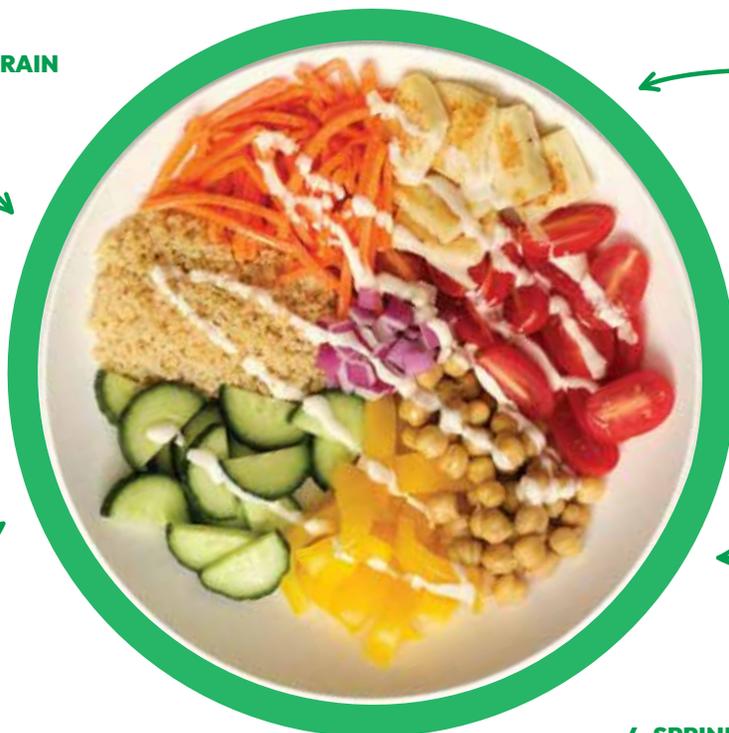
Let's build a bowl! We've included some suggestions; choose ingredients you enjoy!

### 2. ADD A COOKED WHOLE GRAIN

Barley / Brown or Wild Rice  
Quinoa / Couscous  
Pasta or noodles

### 1. START BY PILING IN VEGGIES AND FRUIT

Carrots  
Cabbage  
Apple  
Pear  
Leafy greens  
Corn  
Cucumber  
Sweet pepper  
Mushrooms  
Tomato  
Broccoli



### 3. INCLUDE PROTEIN FOODS

Eggs  
Cheese (cheddar, haloumi, paneer)  
Fish or shellfish  
Poultry  
Lean meat

Legumes (chickpeas, black beans)  
Edamame  
Lentils  
Tofu  
Nuts and Seeds

### 4. SPRINKLE ON TOPPINGS

Green onion / Fresh herbs (cilantro, basil, dill)  
Olives / Hot Peppers

### 5. DRIZZLE ON DRESSING

Try this: Lemony Tahini Yogurt Dressing

In a small bowl, mix until well combined: ½ cup plain yogurt (not Greek) + 2 Tbsp tahini + 1 clove of minced garlic + 2 Tbsp lemon juice + pinch salt. Drizzle a little dressing on your bowl.

### TIPS

**1.** Limiting food waste is one of the most important steps you can take to reduce the environmental impact of your diet. Use up leftover chicken, the last carrot, or mixed bits of cheese.

**2.** Choosing local, Canadian-produced foods whenever possible is good for you and good for the planet. Show your commitment to the environment by creating your power bowl with homegrown foods such as veggies and fruits (fresh in season, or frozen) as well as Canadian dairy.

**3.** To maximize nutrition and minimize your environmental footprint, choose minimally processed protein foods from both animal and plant-based sources. They each provide complementary nutrients for good health and whole foods have a lesser impact on the planet. Win-Win!

**4.** A little food prep does wonders for helping you make power bowls quickly and easily. Chop veggies, roast meat and cook a batch of whole grains at the start of the week, then refrigerate, so you have ready-to-go ingredients for a healthy and delicious meal in minutes!

### Your dietitian

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Contact: \_\_\_\_\_

Dietitians are regulated health care professionals, using their specialized food and nutrition knowledge and skills to translate science into trusted healthy living advice for all Canadians.



Sponsor of Dietitians of Canada's Nutrition Month 2022



Presented by Dietitians of Canada

LEARN MORE AT  
[WHATYOU.EAT.CA](http://WHATYOU.EAT.CA)

