

Build your own Grain Bowls

- Quick healthy balanced meals.
- Protein rich, plan-based options.
- Easy to adapt to favourite flavours.
- Prep ahead and eat all week!

Ingredient Inspirations

Place everything together in a bowl or mason jar for on the go. Add dressing just before eating!

Grain base	Protein	Fruit & Veg	Crunch factor	Dressing	Flavour boosters
~ 1 cup	~1/2 cup	2-3 handfuls	1 handful	~2 Tbsp	To taste
Buckwheat ^{GF, P}	Canned lentils*	Frozen corn, peas, squash, beets	Sunflower seeds	Italian vinaigrette	Capers, olives
Brown Rice ^{GF}	Canned chick peas*	Dried fruit (raisins, cranberries, currants, apricots)	Pumpkin seeds ^P	Balsamic vinaigrette	Sauerkraut
Barley	Canned black beans*	Grated carrot, zucchini	Roasted chick peas ^P	Ranch	Salsa
Quinoa ^{GF, P}	Cooked chicken	Diced cucumber	Peanuts ^P	Greek	Roasted garlic
Pasta	Tuna	Sliced peppers	Walnuts ^P	Oil & vinegar	Lemon/lime
Couscous	Boiled egg	Fresh avocado, tomatoes	Toasted almonds ^P	Lemon juice	Feta or parmesan cheese ^P

* Canned beans and lentils: Always drain and rinse them first.

Quick prep tips:

- Boil your grain(s) ahead of time. Store in the fridge for ~4 days.
- Chop, slice your veggies at the beginning of the week for grab-on-the-go recipes.
- Buy canned proteins and frozen veggies and fruit.
- Use pre-made dressings to have a variety of flavours available.