

# Protein Power Bowl (4 ways)

Meal prep for the week with these recipes or throw together a quick lunch in less than 15min. Here's 4 different flavor options.

ingredients	Mediterranean bowl	Thai bowl	Burrito Bowl	Garden Mix
Carb (base)	½-1c of frozen <b>quinoa, brown rice, or wild rice</b> try Mediterranean flavored frozen quinoa - Path of Life Brand	½-1c of frozen <b>quinoa, brown rice, or wild rice</b> try Asian flavored frozen quinoa - Path of Life Brand	½-1c of frozen <b>quinoa, brown rice, or wild rice</b> - try Southwest flavored frozen quinoa - Path of Life Brand	½-1c of frozen <b>quinoa, brown rice, or wild rice</b> - try any flavored frozen quinoa - Path of Life Brand
Protein (choose one)	a) 4-6oz of <b>rotisserie chicken</b> b) 4-6oz of <b>deli sliced chicken or turkey</b> c) 4-6oz <b>salmon</b> +Top with nonfat <b>Greek yogurt</b>	a) ½ small can of <b>albacore tuna</b> b) 4-6 oz of <b>deli sliced chicken or turkey</b> c) 4-6 oz of <b>smoked salmon</b> d) 4-6oz of <b>rotisserie chicken</b>	a) 4-6oz of <b>rotisserie chicken sprinkled with fajita seasoning &amp; lime</b> b) 4-6oz of <b>deli roast beef</b> c) 4-6 oz of 90% (or higher) <b>lean ground beef</b>	a) ½ small can of <b>albacore tuna</b> b) 4-6 oz of <b>deli sliced chicken or turkey</b> c) 4oz of <b>rotisserie chicken</b>
Veggie toppings	6 <b>cherry tomatoes</b> - sliced 1 Tbsp of <b>kalamata olives</b> ¼ c chopped <b>cucumbers</b> 2 Tbsp of <b>red onion</b> - chopped ½ cup of <b>chopped greens</b> of choice	¼ cup shredded <b>carrots</b> ¼ cup of frozen <b>organic soybeans</b> (mukimame) ¼ cup of chopped or sliced <b>cucumber</b> ½ cup chopped <b>kale</b>	¼ cup of canned or frozen <b>corn</b> ¼ cup of canned or frozen <b>black beans</b> ¼ cup of chopped <b>tomatoes or pico de gallo</b> 2 Tbsp on <b>onion</b> - chopped 1 tbsp of <b>salsa</b>	¼ cup shredded <b>carrots</b> 6 <b>cherry tomatoes</b> - sliced ¼ of <b>bell pepper</b> - sliced ¼ cup of <b>beans</b> of choice 2 Tbsp of <b>red onion</b> - chopped 1 cup of <b>arugula</b> or other greens
Fat (choose one)	¼ cup of <b>hummus</b> 1 Tbsp of <b>Primal Kitchen Paul Newman's</b> avocado oil Greek OR Cesar Dressing	½ of a <b>small avocado</b> 1 Tbsp <b>Primal Kitchen Sesame Ginger</b> OR <b>Lemon Turmeric</b> dressing	½ of <b>small avocado</b> <i>If you like sour cream, try using Greek yogurt instead for more protein</i>	½ of <b>small avocado</b> 2 Tbsp Your favorite <b>homemade dressing</b> or <b>Primal Kitchen/Paul Newman</b> avocado oil Dressing

## Directions:

1. Heat up frozen quinoa in the microwave (~1min) and add to a bowl as the base.
2. Top with veggies and protein choice
3. Top it all off with a dressing of your choice or fat option like olives, avocado, olive oil, or nuts. Enjoy! *add, or remove ingredients as you like*