

Build Your Own Salad or Power Bowl



HEALTHY
FAT

+



PROTEIN

+



COMPLEX
CARBS

+



FRUITS
& VEGGIES

Preparation (Serves 1)

MASON JAR: Spoon in your healthy fat, and then top with protein, complex carbs, and veggies. This will help prevent soggy veggies!



HEALTHY FAT

Choose one:

- 2 tbsp Guacamole or ¼ sliced avocado
- 1 tbsp hemp hearts
- 1 tbsp Epicure Salad Dressing, your choice
- 1 tbsp nuts or seeds



LEAN PROTEIN/ DAIRY

Choose one:

- 1 cup white beans or chickpeas, mashed
- 4 oz (113 g) cooked, sliced chicken
- 4.5 oz (130 g) canned salmon or tuna, drained
- 2 hard-boiled eggs, mashed



COMPLEX CARBS

Choose one:

- ½ cup corn niblets
- ½ cup cooked, diced sweet potato or yam
- ½ cup cooked rice or quinoa (Tip: cook in prepared Epicure Broth, your choice)
- 1 slice bread or small bun, served on the side



VEGGIES & FRUITS

Add both:

- 2 cups leafy greens such as kale, spinach, or lettuce
- 1 cup fresh veggies such as shredded cabbage, cherry tomatoes, chopped bell peppers, broccoli, or cucumber



TIP

Season your protein of choice with any Epicure Seasoning or Dip Mix.

THIS IS A PERFECTLY BALANCED PLATE.