

Bowl Cuisine

Quick and Easy

Pick one

Low sodium broth: 8-10 oz

Vegetable
Chicken
Beef
Shell fish

Pick one

Protein: 2-3 oz

Vegetarian- Legumes, eggs, tofu, edamame
Lean Meat- Chicken, Turkey, Pork, Beef, Fish, Shellfish

Pick four

Vegetables: 4-8 oz

Shredded carrots
Green peas, sugar snap, snow peas
Sliced button mushrooms
Baby corn
Red Radish
Green Peppers
Summer squash
Zucchini
Red Onions
Broccoli

Pick one

Starch: One cup cooked

Buckwheat Soba Noodles
Whole wheat pasta
Brown Rice

Pick one

1 teaspoon lite soy sauce
Sriracha sauce to taste
1 teaspoon sesame oil

