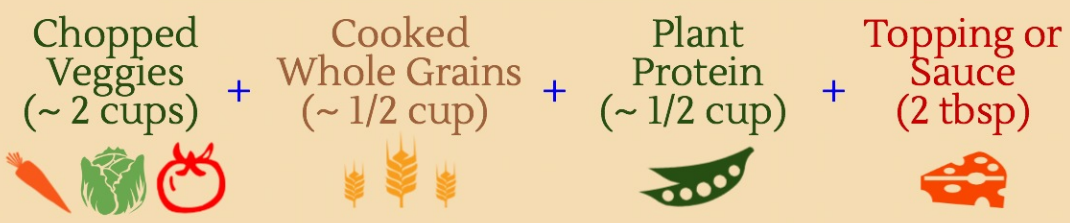


How to make:
**VEGETARIAN
 LUNCH BOWLS**
5 global flavors... in under 5 minutes!

Basic Bowl Anatomy:



Lunch Bowls RULE! Here's 5 Ideas:

Mediterranean: Hummus Bowl	Asian: Edamame Peanut Bowl	Mexican: Bean Buritto Bowl	American: BBQ Ranch Bowl	Italian: Parm-Marinara Bowl
Cucumbers & Tomatoes	Cabbage Slaw	Romaine & Peppers	Kale	Spinach
+	+	+	+	+
Quinoa	Brown Rice	Brown Rice	Quinoa	Quinoa
+	+	+	+	+
Garbanzo Beans	Edamame	Black Beans	BBQ Garbanzo Beans	White Beans
+	+	+	+	+
Feta & Hummus	Peanut Sauce	Salsa & Guacamole	Healthy Ranch Dressing	Marinara & Parmesan

- TIPS TO MAKE YOUR BOWL THE BOMB:**
- Chop your veggies pretty small. Why? Easier to eat & just tastier that way.
 - Put the ingredients in a 4-cup container with a lid. Store in the fridge.
 - You can make-ahead bowls for the week. How convenient is that?!!
 - When you're ready to eat, you can shake & serve @ room-temperature.
 - Like a warm lunch? Heat the whole grain & plant protein.
 - Your usual sandwiches & wraps should be jealous. Bowls are more filling & nutritious.