BUILD YOUR OWN POWER BOWL

Choose one or more items from each category to create a nourishing and brain-boosting power bowl.

1. CHOOSE YOUR BASE
- brown or wild rice
- white rice
- quinoa
- farro or barley
- soba noodles
- rice noodles

2. PICK A PROTEIN
- beans
- chicken
- tofu
- almonds
- pepitas
- canned tuna
- edamame
- lentils
- eggs
- beef
- walnuts
- sunflower seed

3. ADD SOME VEGGIES
- cucumber
- snow peas
- carrots
- tomatoes
- spinach
- beets
- jicama
- zucchini
- mushrooms
- corn
- bok choy
- radish
- mixed greens
- sweet potato
- squash
- cabbage
- bell peppers
- broccoli

4. SELECT A SAUCE
- vinaigrette
- sesame oil
- hummus
- peanut sauce
- lemon/lime juice
- sriracha
- sour cream
- Greek Yogurt

5. ADD EXTRAS
- herbs
- spices
- kimchi
- avocado
- olives
- cheese
- fresh/dried fruits
- nutritional yeast

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