

Clean Eating BOWLS

KENZIE SWANHART

100

REAL FOOD RECIPES
*for Eating
Clean*



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for Eating Clean

Kenzie Swanhart

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*For my lovely readers, without whom
this would not be possible.*



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Introduction

The beauty in any bowl is its simplicity. Over the years, my love for food and the vessels in which it is served have led me to amass quite the collection of bowls in all different shapes and sizes—from a big colorful serving dish I scooped up in Italy to unique handmade bowls from local shops and potters. However, my go-to remains a simple white ceramic bowl perfect for piling veggies on my favorite grain bowls and decorating my smoothie bowls with just the right amount of crunchy toppings!

These days, bowls are gracing the covers of food magazines, flooding social media channels, and gaining popularity at top-tier restaurants. They're pretty to look at and even more delicious to eat. But why are bowls so perfect for clean eating? Because they are easy, fun to make, and create a satisfying meal from fresh, nourishing foods.

Diving into a clean eating lifestyle can seem daunting—cutting out sugars and processed foods in favor of cooking fresh fruits, vegetables, and lean meats—but bowls make it simple for cooks of all levels to make delicious, healthy meals. With the abundance of ingredients that can be piled into a bowl, you will be able to focus on all the goodness you can eat, rather than thinking of it as a restriction. Toss a bunch of ingredients into a round dish, pile on your toppings, and in the blink of an eye, simple foods turn from ingredients into a cohesive, satisfying meal.

Throughout your clean eating journey, you will quickly come to rely on bowls for almost every meal, from a Harvest Moon Breakfast Bowl (page 54), to a big bowl of greens topped with veggies, grains, and beans for dinner. Even dessert tastes better in a bowl!

So whether you have a propensity for decorative bowls or a favorite that's been scratched and chipped too many times to count—pile it high, grab a spoon, and dig in!



THE CLEAN EATING BOWL

chapter one

I like food—a lot—and over the years I have modified my diet to incorporate the foods that make me feel good and to cut out the foods that don't. What started as a strict Paleo diet transitioned into a way of living that is less about deprivation, sacrifice, or labels and is all about fueling my body with wholesome, nourishing foods.

Focusing on achieving health and happiness through wholesome foods takes away the pressure of traditional, restrictive diets. Instead of worrying about what not to eat, the recipes in this book focus on filling your bowl with delicious, wholesome foods that will nourish you and help you feel your best.

This chapter will walk you through the basics of a clean eating lifestyle to help you understand which foods you need to build a well-balanced bowl. Then we will get to the good stuff with 100 recipes of yummy goodness to inspire your next meal.

What Is Clean Eating?

Just one scroll through your social media feed and it seems that everybody is #cleaneating—yet everyone seems to have their own definition of what it means.

Although the exact definition may differ from person to person, all clean eating lifestyles center on a relatively simple idea—eating real, whole foods as the basis of your diet.

But what exactly does that mean? What are “whole foods?”

Whole foods are real, natural foods that have not been (or have been minimally) processed, such as fruits, vegetables, meat, fish, nuts, and seeds. These natural foods do not come in a box, bag, or package, and they can be found at your local supermarket just as easily as at the farmers’ market.

There are always a few exceptions to the rule. For example, frozen fruits and vegetables come packaged but often contain the same nutritional benefits as their fresh counterparts. When shopping for groceries, it is important to always read the label of everything you put in your cart. A good rule of thumb—if you can’t pronounce an ingredient, skip it.

When reading labels, it is a good practice to stick to foods with six or fewer ingredients listed, which keeps you from purchasing overly processed foods that are not obvious from the outside packaging. Choose unrefined foods over refined foods. Instead of white pasta, opt for whole grains like brown rice, millet, or quinoa, and replace white sugar with natural sweeteners like raw honey or organic maple syrup.

Where your food comes from is also important. When possible, eat in season and buy local. Locally grown food is fresh, tastes better, and is often less expensive. Make the most of the nutritious benefits of whole fruits and vegetables by buying the healthiest produce available—sometimes this means buying organic.

Every year, the Environmental Working Group (EWG) identifies which fruits and vegetables have the highest pesticide residue and they are published as the “Dirty Dozen.” Because these foods contain undesirably high levels of pesticides when farmed conventionally, it’s best to purchase them only if you can find them organic.

Alternately, the “Clean Fifteen” list identifies produce that contains the least amount of pesticide residue, so it’s not as necessary to buy these items organic every time. For more information about the Dirty Dozen and the Clean Fifteen, see the full list on page 151.

Once you have filled your cart with wholesome foods, you're ready to cook. Cooking allows you to take control of what goes into your meal because you are the one preparing it. Luckily, whole foods require little preparation to make a satisfying, delicious meal. In fact, most of the recipes in this book take less than 30 minutes to prepare.

Now that you know what it means to eat clean, remember that this is not a one-size-fits-all lifestyle; nor is there a single list of foods that works best for everyone. Your food choices and preferences will likely change over time as you discover which foods are optimal for your body and your goals.

The best advice I can give you is this: eat real, whole foods with very few ingredients (or better yet, no added ingredients at all). When in doubt, read the list of ingredients. If you can't pronounce something, don't eat it. It's as simple as that.

Prep, Perfected

I love to cook almost as much as I love to eat, but let's be honest—I am not a fan of spending hours in the kitchen. Sure, I like to experiment when I have the time, but I work long hours, and pulling together a healthy and nutritious meal that takes little effort and time is important for me, as I'm sure it is for you. Enter the bowl.

Clean, wholesome bowls are easy to put together—thanks to the charts at the start of each bowl recipe chapter—and require little work as long as you are prepared. After all, efficient prep does make the bowl-loving world go 'round.

Whether you are whipping up a smoothie bowl while making your morning cup of coffee, or layering salad bowls after work for you and the family, pulling together a healthy bowl of goodness could not be easier.

Here are a few tips so making a bowl is a breeze:

Organize your kitchen. Keep frequently used bowl ingredients and cooking tools within easy reach. I keep frequently used grains (oats, brown rice, and quinoa) in big mason jars on the counter for easy access. I keep all my spices in the same drawer to season any bowl in a snap. Clean up as you go, and return things to their proper place so you always know where everything is.

Plan ahead. Take the guesswork out of your week and plan your meals. Organize a week of meals over the weekend so you don't need to agonize over what to make each night.

Keeping It Clean

Choosing fresh fruits and vegetables may come easy, given they are naturally unprocessed, but what about foods that are less obvious? This chart is not exhaustive, but it is a great guideline to help you navigate which foods make a clean bowl and which are best to avoid.

ENJOY

DAIRY AND DAIRY SUBSTITUTES

Almond milk
Coconut milk
Greek yogurt

FRUITS

Apples
Apricots
Avocados
Bananas
Berries
Figs
Grapefruit
Guava
Kiwi
Lemons
Limes
Mangos
Melon
Nectarines
Oranges
Peaches
Pears

Pineapple
Plums
Pomegranates
Tangerines
Tomatoes
Watermelon

HEALTHY FATS

Avocado oil
Grass-fed butter
Coconut oil
Extra-virgin olive oil

LEGUMES AND BEANS

Black beans
Cannellini beans
Fava beans
Garbanzo beans
Green beans
Kidney beans
Lentils
Peas
Peanuts
Pinto beans

NATURAL SWEETENERS

Honey
Maple syrup
Molasses
Stevia

NUTS AND SEEDS

Almonds
Brazil nuts
Cashews
Chia seeds
Chestnuts
Flaxseed
Hazelnuts
Macadamia nuts
Pecans
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

PROTEIN

Beef
Chicken
Cod
Duck
Eggs
Lamb
Pork
Salmon
Scallops
Shrimp
Shellfish
Tuna
Turkey
Veal

VEGETABLES

Artichokes
Asparagus
Beets
Broccoli
Brussels sprouts
Cabbage



ENJOY

VEGETABLES (CONT.)

Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Kale
Mushrooms
Onions
Parsnips
Pickles
Radishes
Shallots

Spinach

Squash

Sprouts

Sweet potatoes

Zucchini

WHOLE GRAINS

Barley

Brown rice

Farro

Oats

Quinoa

AVOID

ALCOHOL

SATURATED FATS

PROCESSED FOODS

Canned foods

Cured meats

Prepared condiments

Prepared salad dressings

Processed cheese

REFINED GRAINS

White flour

White rice

REFINED SUGAR

Aspartame

Brown sugar

Evaporated cane juice

Sucralose

White sugar

Other artificial sweeteners

SUGARY DRINKS

Fruit juices

Soda

Make a list. Once you have planned your meals for the week, make a list of all the ingredients you need. Take inventory of what you already have in the pantry, then shop for the groceries you still need.

Boil and chop. When possible, cook the whole grains you'll need for the week ahead of time and chop your veggies in advance. Do one big prep over the weekend and refrigerate everything in airtight containers. Not only will this save you time down the road, it will also eliminate additional dishes and cleanup during the week. It's a win-win.

Make ahead. Instead of waking up early to make a savory breakfast bowl, prepare a healthy smoothie bowl the night before and keep it in the fridge. Soup bowls are also easy to make ahead and freeze for a quick, healthy dinner when things get busy.

Double up. My favorite trick when prepping is to double the recipe. By making an extra bowl (or two), you'll have enough for lunch the next day.

EQUIPMENT

You don't need a kitchen full of fancy tools to eat clean; however, there are a few pieces of equipment essential for every clean kitchen. With these, and your favorite bowl, you should be good to go!

Blender A high-powered blender is essential for pulverizing fresh fruits and vegetables into delicious soups and smoothie bowls in seconds. A blender also makes quick work of sauces and dressings.

Cast-Iron Pan A cast-iron pan has a natural nonstick bottom, heats evenly, can be transferred to the oven, and will last forever if cared for properly.

Chef's Knife and Cutting Board A dull knife not only is difficult to use, but is a hazard. A quality chef's knife makes salad and veggie prep a breeze. Stick with a plastic or wooden cutting board, as these will be easiest on your knife.

Food Processor A food processor breaks down just about anything. Whether you're turning a head of cauliflower into rice or making nut butter to top off a smoothie, this tool gets the job done.

Mason Jars I have collected an array of glass jars in just about every size and shape imaginable. Large jars are perfect to house whole grains and superfoods in the pantry, while other sizes work well for bowls you make in advance and take with you for weekday lunches.

Vegetable Spiralizer Vegetable noodles are a staple in many of my grain and noodle bowls. If you don't have space for a spiralizer, a julienne peeler is a good alternative.

Sundays Are for Staples

My priority during the week is that each meal is quick and easy to make. A Sunday well spent brings a week of content. While proper planning and meal prep on the weekend lead to a stress-free week, it is also important to have a variety of ingredients on hand so you can make a nourishing bowl anytime.

Here's a list of the foods I like to keep in my pantry, fridge, and freezer. You don't need to buy everything all at once, and you can build up your staples over time.

PANTRY

Lentils and Beans are relatively inexpensive and easy to make. I prefer to use dry beans and soak them overnight for better digestion, but I also have a can or two in the pantry so I can add them to a salad if I forget to soak beans the night before. Cannellini, black, and garbanzo beans are always in my pantry. I like to toss them into salads, blend them into soups, and pile them high on grain bowls.

Fresh Vegetables Onions and garlic are a must for adding flavor and depth to a variety of dishes. Sweet potatoes, shallots, and winter squash are other favorites I stock in the pantry.

Raw Cacao Powder This unprocessed cocoa powder is packed full of antioxidants and is an absolute must-have in my book. Because it is much richer than cocoa powder, less cacao powder is needed to create the same flavor. I also enjoy cacao nibs and good quality dark chocolate from time to time.

Herbs and Spices Fresh herbs and spices always make a meal more flavorful, but a supply of dried herbs and spices is a pantry staple in every kitchen. My top picks are basil, black pepper, cayenne, cinnamon, cumin, garlic, ginger, oregano, parsley, and thyme.

Natural Sweeteners Maple syrup, molasses, agave, honey, and stevia are packed with sweetness without the additives and empty calories found in refined sugars. Be sure not to overdo it on sweets though, as even healthy sweets are still treats.

Nuts and Seeds Not only do nuts and seeds taste great, they add a fabulous crunchy texture to any dish. Store nuts and seeds in a cool, dark place in your pantry to preserve their nutrients and keep them fresh. I recommend keeping almonds, cashews, hazelnuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts on hand.

Nut Butters A variety of organic nut butters are available at most supermarkets; however, I prefer to make my own. Create your own flavor combinations by switching up the type of nuts and adding spices, herbs, extracts, and even cacao powder. The options are endless.

Oil Unsaturated fats play a vital role in health and wellness. Grass-fed butter and coconut oil are essential for cooking, while extra-virgin olive oil and sesame oil come in handy for adding flavor to your bowls.

Superfoods These goodies might be unfamiliar now, but that will soon change. They are especially rich in nutrients and beneficial for health and well-being. A number of the pantry staples already listed fall into this category, and there are a few more that taste great and add an extra nutritional punch to your bowls. These include acai, coconut, goji berries, hemp, maca, and spirulina.

Whole Grains An important source of vitamins, minerals, fiber, and protein, all of which you need to feel your best. Brown rice, oats, and quinoa are gluten free, versatile, and taste delicious. (Though rolled oats are naturally gluten-free, they are sometimes processed on the same equipment as gluten-containing grains. If you have celiac disease, it's best to look for specifically gluten-free brands.) Whole grains make a satisfying base to any bowl without the heaviness of processed grains.



REFRIGERATOR

Avocado The avocado is incredibly nutritious and can be used in a variety of ways. Add some to your smoothie to make it extra creamy, or slice it up and toss it in your favorite salad. The texture of an avocado also lends itself to a variety of sauces, dressings, and dips that can be drizzled on top of grains and salads.

Coconut Milk Coconut milk is a great thickener in creamy soups and smoothie bowls. Buy the full-fat version and always read the label so you do not miss out on its natural goodness!

Eggs Eggs are one of the most well-rounded and nutritious foods. I always have a carton of large brown eggs on hand because they are super quick and easy to make. Add eggs, veggies, and leafy greens to a cast-iron pan for a delicious scramble or slice up a hardboiled egg on top of a salad.

Dates Medjool dates are absolutely divine and add the perfect amount of sweetness to dessert bowls. They also make a tasty little snack if you are craving something sweet.

Fresh Fruits There is a variety of fresh fruits on my shopping list each week, regardless of what recipes I have planned. Apples and bananas add a little sweetness to recipes, but they are also yummy snacks when paired with Honey Almond Butter (page 147) or Homemade Granola (page 149).

Ratios of Rations

As with everything in life, striking a balance is key. It is important to fill your bowl and belly with balanced meals throughout the day. Eating clean does not require you to count calories or restrict the quantity of food you consume. Instead, it focuses on listening to your body, eating when you are hungry, and stopping when you are full. Fill your bowl with wholesome, nutritious foods like fresh vegetables and fruits, whole grains, healthy fats, and lean proteins. Use spice, texture, and bold flavors to create a satisfying, nourishing bowl.

Although protein is often forgotten in the early part of the day, it is an important muscle-builder,

and can help curb your appetite. Plus, when eaten throughout the day, protein keeps you feeling full longer. Do your best to add one element of protein to every bowl. Blend Greek yogurt into your smoothie bowls, sprinkle beans on your salad and top off your grain bowl with chopped chicken breast.

In the beginning of each bowl recipe chapter, I include a chart to help you create a wholesome, nourishing bowl with the right ratio of ingredients. These are meant as guidelines for those days when you want to freestyle and layer your own combination of textures and flavors into a signature bowl.

Fresh Vegetables While seasonal vegetables rotate in and out, several have a place in my fridge year-round. Brussels sprouts and broccoli are easy to roast and toss into just about any bowl. Cauliflower and zucchini also earn a spot in the fridge because they can easily be transformed into rice and noodles when I want to sneak in more veggies.

Greek Yogurt This is another versatile ingredient I like to keep on hand. Whether it is the base of a fruit and granola breakfast bowl or the secret ingredient in a creamy and delicious smoothie, Greek yogurt is a great source of protein in the early part of the day.

FREEZER

Frozen Fruit and Berries I buy frozen fruit and berries such as mangos, pineapple, strawberries, blueberries, and raspberries in bulk so that I have them year-round to add to my smoothie bowls. I also freeze bananas so I have them on hand.

Frozen Vegetables While I always prefer fresh fruits and vegetables, I keep a few bags of frozen vegetables—like broccoli, cauliflower, corn, peas, and shelled edamame—in the freezer for emergencies. They make great toppings for salad and grain bowls.

Keeping Your Composure

I have an affinity for big, beautiful bowls filled with brightly colored whole foods that taste as good as they look. In fact, one of my favorite things about adopting a clean eating lifestyle is that the food is not only delicious, but it is pretty to look at too. Do you need to spend hours artfully arranging your bowl? No. Can you? Sure.

Whether you want to take the time to line up rows of fruit and vegetables just so, or you prefer to toss your toppings with abandon, your bowl is sure to taste amazing.

In the following chapters, you will find charts to teach you how to put together different types of bowls, as well as labels that indicate which bowls are dairy-free, vegetarian, vegan, Paleo, nut-free, or gluten-free. (Note: vegan bowls are not also marked dairy-free to avoid redundancy, though they contain no animal-derived ingredients whatsoever. Vegetarian bowls may contain eggs, dairy, or honey, so they can also have the dairy-free label.) Try out my tips for superb swaps and super bowls to customize your bowls and make them your own.



SMOOTHIE BOWLS

chapter two

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Build a Smoothie Bowl

1

PICK A
FROZEN FRUIT
OR TWO (1 CUP)

Acai
Blackberries
Blueberries
Dragon fruit (pitaya)
Kiwi
Peaches
Pineapple
Raspberries
Strawberries

2

CHOOSE A
BASE TO KEEP
IT THICK
AND CREAMY

Avocado
Banana
Mango

3

PICK A LIQUID
(HALF CUP)

Almond milk
Apple juice,
unsweetened
Coconut milk
Coconut water
Orange juice, freshly
squeezed
Yogurt

4

ADD SOME
SUPERFOODS
(OPTIONAL)

Acai
Baobab
Bee pollen
Cacao
Chia seeds
Goji berries
Maca
Spirulina

5

SWEETEN IT UP
(OPTIONAL)

Medjool dates, pitted
Maple syrup
Nut butter
Honey

6

SNEAK IN SOME
LEAFY GREENS
(HALF CUP,
OPTIONAL)

Kale
Spinach

7

TOP IT OFF
(OPTIONAL)

Almonds
Cashews
Chia seeds
Coconut
Flaxseed
Fresh fruit
Goji berries
Granola
Hemp seeds
Peanuts
Pecans
Pumpkin seeds
Sunflower seeds
Walnuts

Berry Blast Smoothie Bowl

Is there anything more delightful than freshly picked berries that ooze sweet juice as you bite into them? The lovely combination of berries in this bowl brings me back to childhood summers spent playing in the woods, chasing my cousins and picking fresh berries. We'd come home from an afternoon spent in nature covered in sticky berry juice with the biggest smiles on our faces.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPER BOWL: Long day ahead? Amp up your bowl with some protein—just add a couple tablespoons of nut butter before blending.

Serves 1

PREP: 10 MINUTES

GF

V

P

FOR THE SMOOTHIE BOWL

1 cup frozen mixed berries

½ frozen banana

½ cup Almond Milk (page 148)

1 tablespoon chia seeds

½ cup baby spinach

FOR THE TOPPING

½ banana, sliced

6 fresh blackberries

8 fresh raspberries

2 tablespoons pomegranate seeds

Berry Cherry Acai Bowl

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

- ½ cup frozen cherries
- ½ cup frozen raspberries
- ½ frozen banana
- 1 packet frozen acai purée, thawed
- ½ cup coconut milk
- 1 tablespoon coconut oil

FOR THE TOPPING

- ¼ cup fresh raspberries
- ½ banana, sliced
- 1 tablespoon coconut flakes, unsweetened
- 1 tablespoon hemp seeds

Acai is a deep purple berry from the rain forests of South America that is full of antioxidants, fiber, and healthy fats. Think of acai as a cross between a grape and a blueberry. It pairs perfectly with the sweetness of cherries and the tanginess of raspberries in this refreshing bowl. Top with fresh fruit and add coconut and hemp seeds for texture.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPER BOWL: Numerous health benefits are associated with the acai berry, including easing arthritis and helping with high cholesterol. It can be purchased as a frozen purée or in powder form at most supermarkets. Always read the label to ensure you are purchasing 100 percent acai with no additives.

Tropical Smoothie Bowl

This bowl tastes just like summer! Bold tropical fruits and coconut milk completely conceal the taste of spinach, making it the perfect beginner bowl for green smoothie newbies—not to mention any spinach-adverse kids. Whip one up as a refreshing way to start the day or make it as an afternoon snack to give you an energy boost.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPER BOWL: Spirulina powder is made from freshwater algae and is made up of mostly complete proteins, making it ideal for balancing blood sugar levels. Add a teaspoon to your smoothie bowl to keep you energized throughout the day.

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

½ cup frozen mango
½ cup frozen pineapple
½ frozen banana
½ cup coconut milk
½ cup fresh baby spinach

FOR THE TOPPING

½ banana, sliced
1 kiwi, peeled and sliced
1 teaspoon chia seeds
2 tablespoons shredded coconut, unsweetened
Drizzle raw honey

Raspberry Mango Smoothie Bowl

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

- ½ cup frozen mango
- ½ cup frozen raspberries
- ½ cup coconut milk

FOR THE TOPPING

- ¼ cup fresh raspberries
- ¼ cup fresh blueberries
- ½ cup Homemade Granola (page 149)
- 2 tablespoons shredded coconut, unsweetened
- 1 tablespoon pumpkin seeds

Mango is naturally sweet and creamy, lending itself perfectly to the base of this smoothie bowl. The addition of coconut milk and raspberries keep this bowl bursting with fresh, fruity flavors, while the toppings are tossed on top so that every bite has a little crunch. Not to mention, this bowl is incredibly easy to put together in a pinch.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPER BOWL: Almonds are a good source of protein. Top with a handful of chopped almonds for added protein and even more crunch.

Blueberry, Pineapple, and Mint Smoothie Bowl

My grandparents have always kept a garden in their backyard—they still do—and while they have grown a variety of fruits and vegetables over the years, none remind me more of my grandfather than fresh mint leaves. My pop used to sneak us mint leaves from the garden in the summer, and the familiar sweet and cooling flavor always brings back fond memories. Mint leaves add a cooling freshness to this recipe, making it perfect for a hot summer day.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPERB SWAP: If mint isn't your thing, swap in another leafy green, like spinach or kale.

Serves 1

PREP: 10 MINUTES

GF

V

P

FOR THE SMOOTHIE BOWL

½ cup frozen blueberries

½ cup frozen pineapple

½ frozen banana

½ cup Almond Milk (page 148)

¼ cup mint leaves

FOR THE TOPPING

¼ cup fresh blueberries

¼ cup diced pineapple

2 tablespoons pumpkin seeds

1 tablespoon flaxseed

Mint leaves

Toasted Coconut Smoothie Bowl

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

1 frozen banana
½ cup Greek yogurt
½ cup coconut milk
½ cup ice

FOR THE TOPPING

2 tablespoons coconut flakes, toasted
2 tablespoons dark chocolate chips
3 fresh strawberries, sliced

For the longest time, I stayed far away from coconut—unless it was paired with rum and came with a mini umbrella. That changed when I realized all of the amazing ways it could be used. Toasting coconut flakes brings out a super rich, nutty flavor. Be sure to keep a close eye when toasting coconut and remove it from the heat as soon as it is golden, as it burns quickly.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

PREP TIP: Slice your bananas into medallions when they are ripe and freeze them for easier blending.

Avocado and Kale Smoothie Bowl

This is the perfect bowl for when you want to load up on lots of green goodness to start the day. Whether you indulged a bit the night before or are just looking to increase your veggie intake, this recipe has you covered. The avocado, banana, and kale are packed full of vitamins and minerals to keep you shining from the inside out.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

TRAVEL TIP: Serve this smoothie bowl in a mason jar to enjoy it on the go.

Serves 1

PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

½ cup ice

½ frozen banana

½ avocado

1 cup kale, chopped

1 cup Almond Milk (page 148)

1 tablespoon agave

FOR THE TOPPING

½ cup fresh raspberries

½ banana

1 kiwi, peeled and sliced

1 teaspoon chia seeds

Chunky Monkey Smoothie Bowl

Serves 1
PREP: 10 MINUTES

GF

VEG

FOR THE SMOOTHIE BOWL

1 frozen banana
½ cup Greek yogurt
½ cup Almond Milk (page 148)
1 tablespoon cacao powder
1 tablespoon peanut butter
1 teaspoon chia seeds
½ teaspoon pure vanilla extract

FOR THE TOPPING

½ banana, sliced
1 tablespoon cacao nibs
1 tablespoon coconut flakes,
unsweetened
2 tablespoons chopped almonds
1 tablespoon peanut butter

I absolutely love the combination of chocolate and peanut butter. But the best thing about this bowl, apart from how good it tastes, is how much fun you'll have putting it together! I mean what is more fun than dancing around your kitchen singing "b-a-n-a-n-a-s" while making a Chunky Monkey Smoothie Bowl?

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPERB SWAP: For a unique twist on this traditional flavor combination, try swapping the peanut butter for almond butter.

Packed Full Smoothie Bowl

There is no faster or more delicious way to get a mega dose of superfoods to kick-start your day than this bowl. Turmeric adds a vibrant yellow color, is a proven anti-inflammatory, and boosts brain function. Here, the combination of fresh flavors and crunch is delightfully delicious, but feel free to get creative with your toppings based on what nuts and seeds are in your pantry.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPERB SWAP: Apricots are naturally sweet and full of flavor. Try swapping two dried apricots for the Medjool date in this recipe.

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

- 1 frozen banana
- ¼ avocado
- ½ cup Almond Milk (page 148)
- 1 tablespoon ground turmeric
- ½ cup spinach
- 1 Medjool date, pitted

FOR THE TOPPING

- ¼ cup Homemade Granola (page 149)
- ¼ blood orange
- 1 tablespoon shredded coconut, unsweetened
- 1 tablespoon flaxseed
- 1 tablespoon pomegranate seeds
- 1 tablespoon chopped almonds
- 1 tablespoon golden raisins

Rainbow Bright Smoothie Bowl

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

- ½ cup frozen mango
- ½ cup frozen pineapple
- 1 packet frozen dragon fruit (pitaya) purée, thawed
- ½ cup Almond Milk (page 148)
- ½ kiwi, peeled
- ¼ cup baby spinach

FOR THE TOPPING

- ¼ cup diced mango
- ¼ cup fresh blueberries
- ½ kiwi, peeled and sliced
- ½ banana, sliced
- 3 fresh strawberries, sliced

When talking about clean eating, some people refer to “eating the rainbow.” There is no truer statement when devouring this smoothie bowl. Dragon fruit—or pitaya—adds a vibrant shade of pink when blended into the base of this bowl. Then flavorful fruits in bold shades of blue, green, yellow, orange, and red are placed top. This bowl is sure to leave your belly full and your mind happy.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

PREP TIP: Save time in the morning and make your smoothie bowl the night before. Store it in the refrigerator in an airtight container. Keep your toppings in a separate container and add them right before you are ready to eat.

Red, White, and Blue Bowl

Real food is intensely colorful and beautiful, which means even without food coloring and refined sugars you can join in on holiday-themed food fun. Bright reds and bold blues are just the beginning, but they are all you need for this patriotic bowl. If you don't fancy my favorite toppings, swap them out for your favorites—just remember to keep them red, white, and blue!

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

TRAVEL TIP: This smoothie bowl is a fun, healthy addition to any Fourth of July barbecue or Memorial Day cookout. Double the recipe and store the smoothie in the refrigerator, but keep the toppings separate until you are ready to serve, to keep them crisp and fresh.

Serves 1

PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

1 cup frozen strawberries

½ frozen banana

½ cup Almond Milk (page 148)

½ beet, peeled and chopped

FOR THE TOPPING

¼ cup fresh blueberries

3 fresh strawberries, sliced

1 tablespoon coconut flakes,
unsweetened

1 tablespoon goji berries

Power Green Smoothie Bowl

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

½ cup frozen mango
1 frozen banana
½ cup coconut water
½ cup kale, chopped
2 tablespoons hemp seeds
1 tablespoon flaxseed
½-inch piece fresh ginger
¼ teaspoon ground turmeric
Juice of ½ lemon

FOR THE TOPPING

¼ cup fresh blueberries
½ kiwi, peeled and sliced
2 tablespoons coconut flakes,
unsweetened

Loaded with greens, superfoods, and nourishing goodness, this bowl is my go-to after a workout. Kale is a nutritional powerhouse full of calcium, iron, and vitamins A, C, and K, while coconut water replaces electrolytes to speed up rehydration. These combine with the many benefits of superfoods found in hemp seeds, flaxseed, ginger, and turmeric.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPERB SWAP: Kale can be a little bitter, so if you are new to drinking your veggies, try swapping kale for spinach, romaine lettuce, or any other leafy green sitting in your crisper.

Carrot Cake Smoothie Bowl

As a child, I wouldn't touch carrot cake with a 10-foot pole. After all, it is a dessert named for a vegetable. As my palate has changed over the years, I've learned that this tasty dessert may be packed with carrots, fruits, nuts, and spices, but all of those are the keys to its decadent goodness. My version is a guilt-free smoothie bowl—so go ahead and dig in.

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPER BOWL: In addition to offering a variety of health benefits—protein, fiber, and omega-3s—chia seeds are also an easy way to thicken your smoothie bowls. Simply blend a tablespoon of chia seeds with the other ingredients.

Serves 1

PREP: 10 MINUTES

GF

V

P

FOR THE SMOOTHIE BOWL

1 frozen banana

$\frac{1}{2}$ cup ice

$\frac{1}{2}$ cup carrot juice

2 Medjool dates, pitted

$\frac{1}{4}$ teaspoon pure vanilla extract

$\frac{1}{4}$ teaspoon ground cinnamon

FOR THE TOPPING

$\frac{1}{4}$ cup walnuts

2 tablespoons shredded coconut, unsweetened

2 Medjool dates, pitted and torn

Ground cinnamon

Strawberry Shortcake Smoothie Bowl

Serves 1
PREP: 10 MINUTES



FOR THE SMOOTHIE BOWL

- 1 cup frozen strawberries
- 1 frozen banana
- ½ cup Almond Milk (page 148)
- 2 tablespoons almond butter
- ½ teaspoon pure vanilla extract

FOR THE TOPPING

- 2 fresh strawberries, sliced
- 5 fresh blueberries
- 5 fresh raspberries
- ½ kiwi, peeled and sliced
- ½ banana, sliced
- 1 tablespoon pomegranate seeds
- 1 tablespoon shredded coconut, unsweetened
- 1 tablespoon chopped almonds

Named for one of my favorite summer treats, this bowl tastes more like dessert than breakfast. Similar to ice cream in consistency but more flavorful—the berry flavors practically explode on your tongue—this bowl is the perfect combination of sweet, creamy, and delicious. No need to preheat the oven for this one—just grab a spoon and dig in!

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPERB SWAP: Turn this smoothie bowl into a dessert bowl by swapping the raspberries and blueberries for a scoop of home-made whipped coconut cream! The recipe is found in my Grilled Stone Fruit and Coconut Cream Bowl recipe (page 136).

Pumpkin Pie Smoothie Bowl

Pumpkin spice lattes may be trendy, but I prefer a nourishing Pumpkin Pie Smoothie Bowl when I need my fix. This tasty bowl is refreshing enough for the warmer months, but still offers the warm, bold flavors of fall. And what better way to start your Thanksgiving Day or winter holiday before preparing a feast for family and friends?

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.

SUPERB SWAP: If you are making this recipe in the fall when pumpkins are in season, try swapping fresh pumpkin in place of the pumpkin purée.

Serves 1

PREP: 10 MINUTES

GF

V

P

FOR THE SMOOTHIE BOWL

1 frozen banana

½ cup pumpkin purée

½ cup Almond Milk (page 148)

1 tablespoon almond butter

2 Medjool dates, pitted

1 teaspoon pumpkin pie spice

FOR THE TOPPING

½ banana, sliced

2 tablespoons dried cranberries

2 tablespoons coconut flakes,
unsweetened

2 tablespoons chopped pecans



BREAKFAST BOWLS

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Build a Sweet Breakfast Bowl

1

CHOOSE A BASE (1 CUP)

Greek yogurt

Oats

Quinoa

2

ADD SOME FRUIT (1 CUP)

Acai

Blackberries

Blueberries

Dragon fruit (pitaya)

Kiwi

Mango

Peaches

Pineapple

Raspberries

Strawberries

3

ADD SOME SUPERFOODS (OPTIONAL)

Acai

Baobab

Bee pollen

Cacao

Chia seeds

Goji berries

Maca

Spirulina

4

SWEETEN IT UP (OPTIONAL)

Medjool dates, pitted

Maple syrup

Nut butter

Honey

5

TOP IT OFF (OPTIONAL)

Almonds

Cashews

Chia seeds

Coconut

Flaxseed

Goji berries

Granola

Hemp seeds

Peanuts

Pecans

Sunflower seeds

Walnuts

Build a Savory Breakfast Bowl

1

CHOOSE A BASE (1 CUP)

Barley
Brown Rice
Millet
Oats
Quinoa

2

PICK A PROTEIN (HALF CUP)

Bacon
Beef
Black beans
Chicken
Eggs

3

PILE ON THE PRODUCE (1 CUP)

Artichokes
Asparagus
Avocado
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Eggplant
Kale
Mushrooms
Onions
Spinach
Sprouts
Sweet potatoes
Tomatoes
Zucchini

4

DRIZZLE ON THE DRESSING OR SAUCE (2 TABLESPOONS)

5

TOP IT OFF (OPTIONAL)

Almonds
Cashews
Hemp seeds
Peanuts
Pomegranate
seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Fruit and Nut Bowl

Serves 1
PREP: 5 MINUTES

GF

VEG

½ cup Greek yogurt
¼ cup fresh blueberries
¼ cup fresh raspberries
½ cup papaya
½ cup sliced honeydew melon
½ tablespoon pumpkin seeds
½ tablespoon sliced almonds
½ tablespoon shredded coconut, unsweetened

A lifesaver when you are busy, this bowl is easily pulled together in a pinch. I've included my favorite ingredients, but the fruit, nuts, and seeds can be swapped for whatever you have on hand. Artfully arrange the toppings or toss them on top—whichever you prefer. Either way, it's a great tart, sweet, and crunchy way to start your day.

1. Spoon the Greek yogurt into a bowl of your choice.
2. Layer the blueberries, raspberries, papaya, and melon on top of the yogurt.
3. Add the pumpkin seeds, almonds, and coconut to the top.

SUPER BOWL: Add some extra protein and a little sweetness with a tablespoon of Honey Almond Butter (page 147) drizzled on top of your bowl.

Five-Minute Breakfast Bowl

We all know a nourishing breakfast is the most important meal of the day. Unfortunately, these days everyone seems busier than ever. So carving out the time to make a nourishing meal can seem impossible. This bowl can be pulled together in just five minutes—all it takes is a microwave-safe bowl. It's worth the short amount of time it takes and starts your day off right.

1. In a microwave-safe bowl, combine all the ingredients. Mix well.
2. Heat on high for 2 minutes or until the mixture is fully warmed. Stir and eat.

TRAVEL TIP: Prep the night before and store your bowl in the refrigerator in an airtight container. Grab it on the way out the door and let it come to room temperature on your way into work. When you get to the office, toss your bowl in the microwave and enjoy a warm and comforting breakfast in minutes.

Serves 1

PREP: 3 MINUTES

COOK: 2 MINUTES

GF

V

P

2 bananas, sliced

½ cup coconut milk

¼ cup chopped pecans

2 tablespoons shredded
coconut, unsweetened

1 teaspoon ground cinnamon

Fresh Fruit and Granola Parfait Bowl

Serves 2
PREP: 5 MINUTES

GF

VEG

1 cup Homemade Granola (page 149)

2 cups Greek yogurt

½ cup dried apricots, diced

½ cup strawberries

¼ cup blueberries

I always keep a batch of homemade granola in the pantry so that I can pull this recipe together for an effortless breakfast anytime. The combination of crunchy granola, sweet fruit, and creamy yogurt is both delicious and filling. Granola is such a natural addition to many sweet breakfast bowls—and no one will be surprised if an extra handful of it skips the bowl and goes right in your mouth.

1. Line 2 bowls, each with ¼ cup the granola.
2. Add Greek yogurt and top with apricots, strawberries, blueberries, and remaining granola.

SUPER BOWL: Add some crunch and superfood goodness by topping this parfait with a healthy sprinkle of chia seeds.

Apple Pie Breakfast Bowl

Going apple picking? Put a few aside to make this thick, creamy, and delightfully comforting breakfast bowl with hints of apple and cinnamon in each bite. If you are in a rush, this bowl is easy to throw into a mason jar and take on the go. If you have more time, choose your favorite bowl, grab a spoon, and enjoy!

1. In a large mixing bowl, combine the almond milk, yogurt, maple syrup, vanilla, and salt. Mix in the chia seeds and let stand for 30 minutes, stirring occasionally. Cover with plastic wrap and refrigerate overnight.
2. Divide the chia seed pudding between 2 bowls. Top with the apples, granola, dried cranberries, and cinnamon.

SUPER BOWL: For a little chocolaty goodness, sneak 2 teaspoons of cacao powder into the mixture in step 1. Cacao is packed with antioxidants, iron, and magnesium and has a rich chocolate flavor.

Serves 2

PREP: 30 MINUTES

CHILL: OVERNIGHT

GF

VEG

1 cup Almond Milk (page 148)

1 cup Greek yogurt

2 tablespoons organic maple syrup

1 teaspoon pure vanilla extract

Pinch sea salt

1/3 cup chia seeds

FOR THE TOPPING

1 apple, sliced

1/4 cup Homemade Granola (page 149)

1 tablespoon dried cranberries

1 teaspoon ground cinnamon

Blueberry Chia Jam and Oatmeal Breakfast Bowl

Serves 2

PREP: 10 MINUTES

CHILL: 20 MINUTES

COOK: 15 MINUTES

GF

V

Blueberry chia jam and oatmeal are swirled together to create this flavor-packed breakfast bowl. When topped with chopped almonds and coconut flakes, the flavors and textures are more reminiscent of an indulgent dessert than a wholesome breakfast. I like using fresh, juicy blueberries to make this recipe in the summer, but thawed frozen berries will work just as well when blueberries are not in peak season.

FOR THE BLUEBERRY CHIA JAM

- 2 cups frozen blueberries
- 1 tablespoon organic maple syrup
- 1 teaspoon pure vanilla extract
- 1 teaspoon freshly squeezed lemon juice
- Pinch sea salt
- 1 tablespoon chia seeds

FOR THE OATMEAL

- 1 tablespoon coconut oil
- 2 cups gluten-free rolled oats
- ½ cup Almond Milk (page 148)
- 1 ½ cups + 2 tablespoons water
- Pinch sea salt
- ¼ teaspoon ground cinnamon

FOR THE TOPPING

- 2 tablespoons chopped almonds, toasted
- 2 tablespoons coconut flakes, unsweetened
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed

- 1. TO MAKE THE BLUEBERRY CHIA JAM** In a food processor, add the blueberries, maple syrup, vanilla, lemon juice, and salt, and combine until smooth. With the food processor running, slowly add the chia seeds and process until fully incorporated, 5 to 10 seconds.
- 2.** Scrape the jam into a glass jar, and place it in the refrigerator until gelled, 15 to 20 minutes.
- 3. TO MAKE THE OATMEAL** In a large skillet over medium heat, heat the coconut oil. Add the oats and toast over medium heat for 6 to 8 minutes, stirring occasionally.

4. In a large pot over medium heat, bring the almond milk, water, salt, and cinnamon to a boil.
5. Stir the oats into the liquid. Cover the pot; turn off the heat and let the oats sit for 7 minutes.
6. Remove the oats from the stove, stir them, and divide between 2 bowls. Swirl in the blueberry chia jam and top with the almonds, coconut, chia seeds, and flaxseed.

SUPERB SWAP: The technique used for my Blueberry Chia Jam can be used to create a quick and simple jam out of almost any berry. Even better, double the jam recipe and keep it in the refrigerator for up to a week to top off your favorite smoothie and yogurt bowls.

Pistachio Muesli and Pear Breakfast Bowl

Serves 2

PREP: 5 MINUTES

COOK: 20 MINUTES

GF

V

- 2 cups gluten-free rolled oats
- ½ cup shelled pistachios
- 2 tablespoons organic maple syrup
- 2 tablespoons poppy seeds
- 2 tablespoons sesame seeds
- 1 teaspoon pure vanilla extract
- ¼ teaspoon ground ginger
- ¼ teaspoon sea salt
- 1 cup Almond Milk (page 148)
- 1 Anjou pear, sliced

Pistachios can be used for much more than just making delicious ice cream. Their crunchy texture and almost sweet taste make them a lovely addition to breakfast and dessert bowls alike—not to mention their bright green hue brings a pop of color to any recipe. Perfect on the breakfast table or as a snack in the afternoon, this pistachio muesli is a favorite in my house.

1. Preheat the oven to 375°F.
2. In a medium bowl, combine the oats, pistachios, maple syrup, poppy seeds, sesame seeds, vanilla, ginger, and salt.
3. Spread the mixture onto a rimmed baking sheet and bake for 10 minutes. Stir the muesli, rotate the pan, and bake for an additional 10 minutes or until golden brown.
4. Remove the muesli from the oven and spoon into 2 bowls. Top with the almond milk and the sliced Anjou pear.

SUPERB SWAP: Looking for something a bit heartier? Swap out the almond milk for Greek yogurt and enjoy a delicious pistachio and yogurt parfait.

Peach, Plum, and Almond Butter Breakfast Bowl

A summer tradition in our house includes a long walk with our dog Charlie to our favorite farmers' market. Not only do we load up on fresh local produce, but Charlie gets to visit his favorite booth for locally made dog treats, cool water, and lots of puppy kisses. My eyes tend to be bigger than my belly and I pick up heaps of fresh fruit. This recipe is a great way to use the peaches and plums that fill up my tote.

1. Place a small pot over medium-high heat. Add the peach, plum, maple syrup, ¼ teaspoon cinnamon, lemon juice, and salt.
2. Bring the mixture to a boil, stirring frequently. When the fruit is tender and has slightly caramelized, 5 to 7 minutes, transfer it to a medium bowl and set aside.
3. In the same pot, add the quinoa, water, and the remaining ⅛ teaspoon cinnamon and bring to a boil over high heat, stirring frequently.
4. Reduce the heat to low and simmer the quinoa for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
5. Divide the quinoa between 2 bowls and top with the fruit, almond milk, almond butter, and chia seeds.

SUPERB SWAP: Eating seasonally not only enables you to support your local farmers and save a little money, but it also means that you will get the freshest, most delicious fruits and vegetables. If peaches and plums are not in season, try swapping another fruit, like apples.

Serves 2

PREP: 5 MINUTES

COOK: 25 MINUTES

GF

VEG

DF

1 peach, diced

1 plum, diced

2 tablespoons organic maple syrup

¼ teaspoon + ⅛ teaspoon
ground cinnamon, divided

1 tablespoon freshly
squeezed lemon juice

Pinch sea salt

1 cup quinoa, rinsed and drained

2 cups water

½ cup Almond Milk (page 148)

1 tablespoon Honey
Almond Butter (page 147)

1 tablespoon chia seeds

Harvest Moon Breakfast Bowl

Serves 2

PREP: 5 MINUTES

COOK: 25 MINUTES



FOR THE BOWL

1 cup gluten-free rolled oats

2 cups water

¼ teaspoon ground cardamom

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Pinch sea salt

FOR THE TOPPING

1 apple, sliced

¼ cup pumpkin seeds, toasted

¼ cup dried cranberries

2 tablespoons chia seeds

1 tablespoon chopped
crystalized ginger

1 tablespoon raw honey

I have filled this bowl with my favorite fall flavors: apple, cinnamon, pumpkin, and cranberries. However, contrary to its name, this breakfast bowl can be enjoyed year-round. It is full of crunch and color. If the bold fall flavors are too bright, simply swap out the toppings for more seasonally appropriate berries and nuts. Tropical fruits and coconut flakes also make great alternatives.

1. In a large pot over medium heat, bring the oats, water, cardamom, cinnamon, nutmeg, and salt to a boil. Reduce the heat to low and let the oats simmer for 5 to 7 minutes, stirring occasionally, until the liquid is absorbed.
2. Divide the oats between 2 bowls.
3. Top the oatmeal with apple slices, pumpkin seeds, cranberries, chia seeds, and crystalized ginger. Drizzle with the honey.

SUPERB SWAP: Cooking oats in almond milk is an easy way to add extra flavor to any breakfast bowl. Simply swap the 2 cups of water for an equal amount of homemade Almond Milk (page 148).

Banana and Chocolate Breakfast Bowl

Quinoa never ceases to amaze me with its versatility. From savory grain bowls to delectable desserts, is there anything this nutrient powerhouse can't do? That it is nutritious—full of protein, manganese, and B vitamins, to name just a few—makes it a great ingredient to start the day off right. In this recipe, quinoa is transformed into a decadent bowl of chocolaty goodness with the help of flavorful superfoods and a little natural sweetener.

1. Place a small saucepan over medium heat. Add the quinoa and toast it for 3 minutes, stirring frequently. Add the almond milk, coconut milk, and salt. Increase the heat to high and bring the liquid to a boil, stirring frequently.
2. Reduce the heat to low and let the quinoa simmer for 20 to 25 minutes, stirring occasionally.
3. Once the liquid is absorbed and the quinoa is tender, remove the pan from the heat. Add the cacao powder, maple syrup, and vanilla extract. Stir to combine.
4. Divide the quinoa between 2 bowls and top with the banana, blueberries, cacao nibs, and hemp seeds.

TRAVEL TIP: This recipe makes four servings, which always allows for leftovers in our house. I store leftovers in an airtight container in the refrigerator for a tasty afternoon snack or quick breakfast the next morning. Simply reheat in the microwave or in a small saucepan with a splash of almond milk.

Serves 4

PREP: 5 MINUTES

COOK: 30 MINUTES

GF

V

1 cup quinoa, rinsed and drained

1 cup Almond Milk (page 148)

1 cup coconut milk

Pinch sea salt

2 tablespoons cacao powder

2 tablespoons organic maple syrup

½ teaspoon pure vanilla extract

1 banana, sliced

¼ cup fresh blueberries

2 tablespoons cacao nibs

1 tablespoon hemp seeds

Savory Breakfast Bowl

Serves 2

PREP: 5 MINUTES

COOK: 15 MINUTES



1 cup gluten-free rolled oats

2 cups water

¼ teaspoon sea salt

¼ teaspoon freshly ground
black pepper

1 teaspoon coconut oil, divided

1 red bell pepper, cored and diced

½ onion, chopped

¼ cup mushrooms

2 eggs

2 tablespoons chopped scallions

Once I discovered how versatile whole grains like quinoa could be for preparing a wholesome bowl, I decided to try my hand at a savory oatmeal bowl. It worked great! Instead of sweet fruit, this oatmeal is topped with sautéed vegetables and a crispy fried egg.

1. In a large pot over medium heat, bring the oats, water, salt, and pepper to a boil. Reduce the heat to low and let the oats simmer for 5 to 7 minutes, stirring occasionally, until the liquid is absorbed.
2. In a cast-iron pan over medium-high heat, heat ½ teaspoon coconut oil. Add the pepper, onion, and mushrooms to the pan and sauté for 3 to 5 minutes, until soft. Spoon the pepper and onion over the cooked oats.
3. In the same pan, heat the remaining ½ teaspoon coconut oil over medium heat. Crack the eggs into the pan and fry them until the whites are cooked through.
4. Divide the oats and vegetables between 2 bowls and top each with a fried egg and the scallions.

SUPERB SWAP: You can swap the oats in this recipe with 1 cup of quinoa or brown rice for a more traditional savory breakfast.

Pesto Quinoa Breakfast Bowl

Although I almost always lean toward a sweet start to my day, I also love a savory breakfast when it's done right. This breakfast bowl is both delicious and satisfying. If you are cooking the quinoa from scratch, I suggest saving this dish for the weekend. Alternately you can easily use leftover quinoa from the night before to make a quick and easy weekday breakfast.

1. In a large pot over high heat, bring the quinoa and water to a boil, stirring frequently. Reduce the heat to low and let the quinoa simmer for 15 to 20 minutes, stirring occasionally.
2. Once the liquid is absorbed and the quinoa is tender, remove from the pot from the heat.
3. Divide the quinoa between 2 bowls. Top with the pesto, hardboiled egg, avocado, and hemp seeds.

SUPERB SWAP: You can use any grain of your choice in this bowl. Switch it up with barley, brown rice, or any other whole grain you have in the pantry.

Serves 2

PREP: 5 MINUTES

COOK: 5 MINUTES

GF

VEG

DF

1 cup quinoa, rinsed and drained

2 cups water

¼ cup Pesto (page 144)

2 hardboiled eggs, sliced

½ avocado, sliced

2 tablespoons hemp seeds

Veggieful Breakfast Bowl

Serves 2

PREP: 5 MINUTES

COOK: 15 MINUTES

GF

NF

V

1½ teaspoons miso paste

1 tablespoon water

1 tablespoon extra-virgin olive oil

1 beet, peeled and spiralized

2 carrots, peeled and sliced

8 Brussels sprouts, sliced

4 kale leaves, stemmed and chopped

½ cup canned chickpeas, drained

2 tablespoons pomegranate seeds

½ avocado, sliced

This might just be the healthiest breakfast you could possibly have. After all, this bowl is packed with veggies, plus protein and healthy fats. Because this is a savory breakfast full of fuel, it is also one of my favorites to serve when I have girlfriends over for brunch, because it's full of flavor but not too filling, so we can indulge without feeling guilty.

1. In a small bowl, whisk together the miso paste and water and set aside.
2. In a cast-iron pan over medium heat, heat the olive oil. Add the beet, carrots, Brussels sprouts, kale, and chickpeas. Sauté for 5 to 7 minutes, until the kale begins to wilt.
3. Stir in the miso mixture and cook for another 2 minutes. Remove the pan from the stove.
4. Divide the vegetables between 2 bowls and top with pomegranate seeds and avocado slices.

COOKING TIP: Long day ahead? Add an egg for an extra serving of protein.

Warm Green Breakfast Bowl

This bowl is classified as breakfast, but I love to eat it for lunch and dinner as well. Full of greens and packed with flavor and nutrition, this is a favorite when I want a warm nourishing bowl of goodness. The garlic adds a spicy note, the almonds provide a delightful crunch, and the quinoa keeps the dish light but filling.

1. In a large pot over high heat, bring the quinoa and water to a boil, stirring frequently. Reduce the heat to low and let the quinoa simmer until al dente, for 10 to 15 minutes, stirring occasionally. Drain and set aside.
2. In a cast-iron pan over medium heat, heat 1 tablespoon coconut oil. Add the garlic and almonds and cook for 3 to 5 minutes, until the almonds are golden brown.
3. Add the cooked quinoa, kale, and spinach to the pan and sauté until the leaves start to wilt, 3 to 5 minutes. Divide the mixture between 2 bowls.
4. In the same pan, heat the remaining 1 tablespoon of coconut oil. Crack the eggs into the pan and fry them until the whites are cooked through. Place a fried egg and half of the avocado on top of each bowl.

SUPERB SWAP: This recipe calls for chopped almonds, but if you don't have them on hand, simply swap in whatever nuts or seeds you have in your pantry. Pecans and walnuts also pair well.

Serves 2

PREP: 5 MINUTES

COOK: 25 MINUTES

GF

NF

VEG

DF

1 cup quinoa, rinsed and drained

2 cups water

2 tablespoons coconut oil, divided

2 garlic cloves, minced

2 tablespoons chopped almonds

1 cup kale, chopped

1 cup baby spinach

2 eggs

1 avocado, sliced

Huevos Rancheros Breakfast Bowl

Serves 2

PREP: 10 MINUTES

COOK: 20 MINUTES



1 sweet potato, diced
2 tablespoons extra-virgin
olive oil, divided
2 eggs
1 cup canned black beans,
drained and rinsed
½ tomato, diced
½ cup corn
¼ cup red onion, sliced
1 avocado, diced
¼ cup chopped fresh cilantro
Jalapeño-Lime Vinaigrette (page 141)

My version of huevos rancheros is not served in tortillas, but rather in a terracotta-colored bowl reserved for this Mexican-inspired dish. The combination of eggs, tomatoes, and avocado is always a winner in our house and is a personal favorite after a late night out. It's also a great brunch offering—it tastes like a bit of work, but is pretty easy to make.

1. Preheat the oven to 425°F.
2. Line a baking sheet with aluminum foil.
3. In a plastic bag, combine the sweet potato and 1 tablespoon olive oil. Shake the bag until the sweet potato is well coated in the oil. Spread the sweet potato in one layer on the lined baking sheet and roast in the oven for 15 to 20 minutes, until lightly browned and fork-tender.
4. In a cast-iron pan over medium heat, heat the remaining 1 tablespoon olive oil. Crack the eggs into the pan and fry until the whites are cooked through.
5. Divide the sweet potato, black beans, tomato, corn, onion, and avocado between 2 bowls. Top each with a fried egg, the cilantro, and a drizzle of Jalapeño-Lime Vinaigrette.

SUPERB SWAP: Step up your Huevos Rancheros Breakfast Bowl by swapping the avocado for 2 tablespoons of homemade Guacamole (page 146).

Baked Eggs and Ramps Breakfast Bowl

This bowl takes little effort, but is everything a decadent Sunday brunch should be. Prep the ingredients and heat the vegetables while brewing a carafe of coffee, then put everything in the oven and settle in with the paper. Whether you are making breakfast for two or a crowd, this is sure to be a favorite. All you need to get started is a set of oven-safe bowls.

1. Preheat the oven to 400°F.
2. In a large saucepan over medium-low heat, heat the olive oil. Add onion and cook it for 7 to 8 minutes, until translucent and soft. Add the garlic and cook for another 2 to 3 minutes.
3. Add the ramps to the pan and sauté until they begin to wilt, 3 to 5 minutes. Stir in the tomatoes, paprika, red pepper flakes, and salt. Reduce the heat to low and let simmer for 10 to 12 minutes.
4. Divide the sauce between 2 oven-safe bowls. Crack an egg over the top of each bowl.
5. Place the bowls in the oven and bake for 8 to 10 minutes, or until the egg whites are cooked through but the yolks are still soft.

SUPERB SWAP: Ramps are wild spring onions that are in season for just a few weeks—from late April to early June. When ramps are not in season, swap them out for leeks, scallions, or a leafy green.

Serves 2

PREP: 5 MINUTES

COOK: 40 MINUTES



1 tablespoon extra-virgin olive oil

½ white onion, diced

1 garlic clove, minced

½ cup ramps, rinsed

1 (15-ounce) can crushed tomatoes

½ teaspoon paprika

¼ teaspoon red pepper flakes

¼ teaspoon sea salt

2 eggs



GRAIN BOWLS

chapter four

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Build a Grain Bowl

1

CHOOSE A BASE (1 CUP)

Barley
Brown rice
Farro
Oats
Quinoa

2

PILE ON THE PRODUCE (1 CUP)

Artichokes
Asparagus
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Eggplant
Kale
Mushrooms
Spinach
Sweet potatoes
Tomatoes
Zucchini

3

PICK A PROTEIN OR TWO (1 CUP)

Beef
Black beans
Cannellini beans
Chicken
Edamame
Eggs
Fava beans
Garbanzo beans
Green beans
Kidney beans
Lentils
Peas
Pinto beans
Pork
Salmon
Shrimp
Tofu
Tuna
Turkey

4

DRIZZLE ON THE DRESSING OR SAUCE (2 TABLESPOONS)

5

TOP IT OFF (OPTIONAL)

Almonds
Avocado
Cashews
Hemp seeds
Peanuts
Pomegranate seeds
Pumpkin seeds
Sesame seeds
Sprouts
Sunflower seeds
Walnuts

Greens and Grains Bowl

Quinoa is a staple ingredient in my grain bowls because it's nutty, delicious, and packed with nutrients, including all essential amino acids, fiber, iron, B vitamins, and vitamin E. Light and fluffy but also incredibly filling, quinoa is the perfect base to any grain bowl. Here I've brightened up the nutty flavor with loads of greens and added a delightful crunch with almonds and sunflower seeds.

1. In a large pot over high heat, bring the quinoa and water to a boil, stirring frequently. Reduce the heat to low and simmer for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
2. While the quinoa is cooking, combine the kale, broccoli florets, Brussels sprouts, carrots, parsley, almonds, and sunflower seeds in a food processor. Pulse until the veggies are roughly chopped.
3. In a small bowl, whisk together the olive oil, lemon juice, mustard, maple syrup, salt, and pepper until fully combined.
4. Use a fork to fluff the quinoa and divide it between 2 bowls. Top the quinoa with the salad mixture and drizzle the dressing over the top. Stir to mix or leave separated.

SUPERB SWAP: To add even more flavor to your grain bowl, cook the quinoa in chicken or vegetable stock instead of water.

Serves 2

PREP: 5 MINUTES

COOK: 20 MINUTES

GF

V

½ cup red quinoa, rinsed and drained

1 cup water

1 cup kale, chopped

1 cup broccoli florets

1 cup chopped Brussels sprouts

½ cup roughly chopped carrots

¼ cup chopped fresh parsley

¼ cup almonds

1 tablespoon sunflower seeds

1½ tablespoons extra-virgin olive oil

Juice of 1 lemon

½ tablespoon Dijon mustard

1 teaspoon organic maple syrup

Sea salt

Freshly ground black pepper

Roasted Beet and Quinoa Bowl

Serves 2

PREP: 5 MINUTES

COOK: 35 MINUTES



4 baby beets, scrubbed,
peeled, and halved

1 tablespoon coconut oil

Sea salt

Freshly ground black pepper

½ cup red quinoa, rinsed and drained

1 cup water

2 cups kale, chopped

2 tablespoons extra-virgin olive oil

2 tablespoons freshly
squeezed orange juice

2 garlic cloves, minced

1½ teaspoons raw honey

1 teaspoon tamari

½ teaspoon balsamic vinegar

A few simple, fresh ingredients are all it takes to prepare a satisfying and delicious meal. In this hearty dish, simple vegetables and grains come together in a vibrant medley of color and taste. Earthy beets, peppery kale, and nutty quinoa are elevated to new heights by the bright, tangy dressing. I like to arrange this bowl into three quadrants, but it tastes just as good all tossed together.

1. Preheat the oven to 350°F.
2. On a baking sheet, place the halved beets and drizzle the coconut oil over the top. Season with salt and pepper. Roast the beets for 30 to 35 minutes, or until they are fork-tender. Allow them to cool for at least 5 minutes.
3. While the beets are roasting, bring the quinoa and water to a boil in a large pot over high heat, stirring frequently. Reduce the heat to low and simmer for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
4. In a large mixing bowl, combine the beets, quinoa, and the kale and mix well. Divide this between 2 serving bowls.
5. In a small bowl, whisk together the olive oil, orange juice, garlic, honey, tamari, and balsamic vinegar. Pour the dressing over the quinoa, beet, and kale mixture, and serve.

SUPERB SWAP: If you can't find baby beets at your local market, one red beet will work just as well. Simply slice before roasting. If you want to switch it up, roasted butternut squash and sweet potato are also delicious alternatives.

Winter Veggie and Grain Bowl

When the weather starts to get cold, I find myself craving the comfort of roasted root veggies and hearty whole grains. It puts a smile on my face just thinking about it. This combination is foolproof, creating a delicious dinner that is both comforting and nutritious.

1. Preheat the oven to 425°F.
2. In a zip-top bag, place the beets, sweet potato, and cauliflower and drizzle them with the olive oil. Massage the vegetables until they are fully coated with the oil.
3. On a parchment paper-lined baking sheet, place the coated veggies in a single layer and season with salt and pepper. Roast for 30 minutes, stirring halfway through the cooking time, until the vegetables are fork-tender.
4. While the vegetables are roasting, in a large pot over high heat, bring the quinoa and water to a boil, stirring frequently. Reduce the heat to low and simmer for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
5. Fill a medium pot two-thirds full with water and bring it to a boil. Add the edamame and cook for 5 minutes, or until tender and bright green. Drain.
6. Heat a large skillet over high heat. Once the pan is hot, add the walnuts in a single layer and toast for 4 to 5 minutes, stirring regularly. Transfer the walnuts to a plate and let them cool for 5 minutes.
7. Divide the quinoa among 4 bowls and top with the roasted veggies, edamame, toasted walnuts, and cilantro. Top the bowls off with the Tahini-Ginger Dressing and an extra grind of black pepper.

Serves 4

PREP: 15 MINUTES

COOK: 35 MINUTES

GF

V

**2 beets, washed and cut into
½-inch pieces**

**1 sweet potato, washed and
cut into ½-inch pieces**

1 cup cauliflower florets

2 tablespoons extra-virgin olive oil

Sea salt

Freshly ground black pepper

1 cup quinoa, rinsed and drained

2 cups water

**1 (12-ounce) bag frozen shelled
edamame, thawed**

¼ cup roughly chopped walnuts

½ cup roughly chopped fresh cilantro

Tahini-Ginger Dressing (page 143)

SUPERB SWAP: Don't have the ingredients for Tahini-Ginger Dressing on hand, or prefer not to fuss over a dressing? Simply drizzle your bowl with plain Greek yogurt instead.

Chili and Farro Bowl

Serves 4

PREP: 10 MINUTES

COOK: 8 HOURS

NF

V

- 2 cups farro
- ½ yellow onion, diced
- 4 garlic cloves, minced
- 2 (14-ounce) cans diced tomatoes
- 1 (6-ounce) can tomato paste
- 1 (16-ounce) can kidney beans, rinsed and drained
- 1 (16-ounce) can black beans, rinsed and drained
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon chili powder
- ¼ teaspoon onion powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

This is quite possibly the simplest, but most nourishing, bowl in the book. Spend just a few minutes in the morning and you will come home to a delicious meal with barely any work. That's because the slow cooker does all of the work for you. Nothing is more satisfying than being greeted by the delicious aromas of dinner when you walk through the door after a long day.

1. In a slow cooker, place all of the ingredients. Cover and cook on low for 8 hours.
2. Divide the chili and farro mixture among 4 bowls and serve.

COOKING TIP: Double up on this recipe and freeze the extra batch for a delicious, filling meal when you are in a pinch. It is perfect for those nights when you are too tired to cook after a long day at the office.

Forbidden Rice Bowl

There is a lovely little vegan café on the same street as my old office building that I used to frequent at least once a day for a nutritious juice, frozen smoothie, or wholesome grain bowl. Unfortunately, when I changed jobs I had to figure out how to get my Forbidden Rice Bowl fix another way. So I made my own—with a few extra veggies to round it out.

1. Preheat the oven to 375°F.
2. Prepare the rice according to the package instructions. Set aside.
3. In a large bowl, combine the rice, zucchini, peas and almonds.
4. Toss with the Jalapeño-Lime Vinaigrette. Divide between 2 serving bowls, top with orange zest, garnish with edible flowers, and enjoy.

SUPER BOWL: Add a little crunch and lots of heart-healthy nutrients—vitamins E, K, and B₆, iron, and magnesium, to name a few—by adding 2 tablespoons of cashews on top of your bowl.

Serves 2

PREP: 15 MINUTES

COOK: 25 MINUTES

GF

V

2 cups black rice, rinsed and soaked

1 zucchini, diced

1 cup green peas

½ cup sliced almonds

Jalapeño-Lime Vinaigrette (page 141)

Orange zest, to taste

Edible flowers, for garnish (optional)

Spicy Sweet Potato and Chickpea Bowl

Serves 2

PREP: 5 MINUTES

COOK: 35 MINUTES

GF

NF

V

1 cup brown rice, rinsed
1 sweet potato, cut into ½-inch pieces
2 tablespoons extra-virgin olive oil, divided
Sea salt
Freshly ground black pepper
1½ cups canned chickpeas, drained and rinsed
1 tablespoon hot sauce
½ tablespoon organic maple syrup
1 garlic clove, minced
½ teaspoon paprika
1 cup baby spinach
Tahini-Ginger Dressing (page 143)

This bowl is based on one of my favorite dishes at a local tapas restaurant I cannot get enough of. The best thing about tapas is that they are small plates, so you can share a variety of dishes and try a little bit of everything. But when the chickpea and spinach dish comes around, I always wish I had my own. Here, I've bulked up the bowl with grains and extra veggies. I hope you love it as much as I do!

1. Preheat the oven to 375°F.
2. Prepare the rice according to the package instructions. Set aside.
3. While the rice is cooking, toss the sweet potato with 1 tablespoon of olive oil in a medium bowl.
4. On a parchment paper-lined baking sheet, place the sweet potato in a single layer. Season with salt and pepper. Roast for 35 minutes, stirring halfway through the cooking time.
5. In a large bowl, stir the chickpeas, hot sauce, maple syrup, garlic, and paprika together until the mixture is well combined. Season with salt and pepper.
6. Add the chickpea mixture to a large pot and cook over medium heat for 7 to 10 minutes, stirring often to ensure the chickpeas do not burn.
7. In a small skillet, heat the remaining 1 tablespoon of olive oil over medium heat. Add the baby spinach and heat until the leaves have slightly wilted and turned bright green, about 3 minutes.
8. Build your bowls by layering rice on the bottom, followed by the sweet potatoes, the chickpea mixture, and the spinach on top. Drizzle with the Tahini-Ginger Dressing.

SUPER BOWL: Add a delightful crunch by topping this grain bowl with toasted sunflower seeds.

Roasted Eggplant and Cannellini Bean Bowl

Roasting is hands-down my favorite way to prepare my veggies because it brings out the rich, delicious flavors with little effort. Simply coat your favorite veggies in coconut or olive oil and let the oven do the rest. Which veggies are best to roast? The sky's the limit. Is there a veggie you're not very fond of? Try roasting it and see if that changes your mind.

1. Preheat the oven to 425°F.
2. In a large pot over high heat, bring the hulled barley, water, and 2 teaspoons tamari to a boil. Once the barley just begins to boil, reduce the heat to low and cover the pot.
3. Cook the barley for 40 minutes without removing the lid. Remove the pot from the heat when most of the water has been absorbed and the barley is soft and chewy. Drain any remaining water.
4. Add the remaining teaspoon of tamari, 1 tablespoon of tahini, and the lemon juice to the barley. Fluff with a fork, combining all ingredients, and set aside.
5. While the barley is cooking, place the eggplant slices in a single layer on a parchment paper-lined baking sheet and drizzle with 2 tablespoons olive oil. Sprinkle with the salt and pepper before placing into the oven. Bake the slices for 20 minutes.
6. In a medium skillet over medium heat, add the arugula, the remaining 2 teaspoons olive oil, garlic, and remaining 2 tablespoons tahini. Cook for 5 minutes.
7. Add the cannellini beans to the arugula mixture, and sauté until the beans are warm, about 5 minutes.
8. Place the rice, eggplant, and arugula bean mixture into three sections of each bowl, or mix all three components of this bowl together.

Serves 2

PREP: 15 MINUTES

COOK: 45 MINUTES

NF

V

1 cup hulled barley

3 cups water

3 teaspoons tamari, divided

3 tablespoons tahini, divided

Juice of 1½ lemons

2 small eggplants, cut into ¼-inch slices

2 tablespoons + 2 teaspoons
extra-virgin olive oil, divided

Sea salt

Freshly ground black pepper

1 cup arugula

2 garlic cloves, minced

1 (16-ounce) can cannellini beans,
drained and rinsed

SUPERB SWAP: I love the taste and texture of cannellini beans in this bowl. If you don't have them on hand, swap them out with whatever you have in the pantry. Black beans, pinto beans, and chickpeas also taste delicious and complement the roasted eggplant well.

Korean Bibimbap Grain Bowl

Serves 2

PREP: 10 MINUTES

COOK: 45 MINUTES

GF

NF

DF

1 cup wild grain rice
2 tablespoons extra-virgin olive oil
2 medium carrots, shredded
2 medium zucchini, sliced
1 cup mushrooms, sliced
1 cup radishes, sliced
½ pound ground beef
2 eggs
2 tablespoons gochujang paste
1 teaspoon sesame seeds

This dish is as fun to eat as it is to say. A traditional Korean dish, *bibimbap* literally means “mixed rice.” Traditionally, this dish was eaten on the eve of the lunar New Year as a way to use up all leftovers before the start of the new year. You can do the same by swapping the vegetables I’ve included with whatever you have leftover from your garden, CSA box, or farmers’ market haul at the end of the week.

1. Prepare the rice according to the package instructions. Set aside.
2. In a large skillet over medium-high heat, heat the olive oil. Add the carrots, zucchini, mushrooms, and radishes. Sauté for 8 to 10 minutes or until the vegetables begin to brown.
3. In a medium skillet over medium-high heat, cook the ground beef until fully cooked, about 5 minutes. Stir frequently to brown the meat evenly and break it into crumbles.
4. Split the rice, vegetables, and ground beef between 2 bowls, keeping the ingredients separate or mixing together, based on your preference.
5. Heat a small skillet over medium heat. When it is hot, crack the eggs into the skillet. Cook the eggs over easy, and when ready place an egg in each bowl.
6. Top each bowl with gochujang paste and sesame seeds.

SUPERB SWAP: Bibimbap bowls are the perfect way to use up whatever produce you have on hand. I always buy broccoli at the beginning of the week, so it tends to get roasted and popped in this bibimbap bowl if I haven’t already used it another bowl.

Kale and Sesame Shrimp Bowl

I like to prepare this bowl when the weather starts to get warm and I crave light but filling meals. Best enjoyed on the patio, this one-bowl meal is full of bright flavors that are sure to brighten up your day. Whether you are looking for an easy weekend lunch or a laid-back dinner, this recipe is just the ticket.

1. Prepare the rice according to the package instructions. Set aside.
2. Fill a medium pot halfway with water and bring to a boil. Add the edamame and cook for 5 minutes, or until tender and bright green.
3. In a large skillet over medium heat, heat 3 tablespoons olive oil. Add the shrimp in a single layer and season with salt and pepper. Cook the shrimp for 1 to 2 minutes on each side, or until they are no longer transparent and have turned a bright pink. Transfer the shrimp to a plate or bowl and cover to keep warm.
4. Add the remaining 1 tablespoon olive oil and the shredded kale to the same skillet you cooked the shrimp in. Sauté the kale for 3 to 4 minutes, then remove the skillet from the heat.
5. Divide the rice among 4 bowls. Top each with the edamame, shrimp, kale, avocado slices, sesame seeds, and parsley. Drizzle with the Tahini-Ginger Dressing to complete each bowl.

SUPERB SWAP: You can swap out the toasted sesame seeds for black sesame seeds, which are high in antioxidants and vitamin E.

Serves 4

PREP: 10 MINUTES

COOK: 25 MINUTES

GF

NF

DF

2 cups brown rice

1 cup frozen shelled edamame, thawed

4 tablespoons extra-virgin olive oil, divided

24 raw shrimp, peeled, deveined, and tails removed

Sea salt

Freshly ground black pepper

2 cups kale, chopped

2 avocados, sliced

2 tablespoons toasted sesame seeds

¼ cup finely chopped Italian parsley

Tahini-Ginger Dressing (page 143)

Thai Basil Grain Bowl

Serves 4

PREP: 10 MINUTES

COOK: 25 TO 30 MINUTES

GF

DF

2 cups brown rice

2 large carrots, julienned

1 green bell pepper, seeded and sliced

1 red bell pepper, seeded and sliced

1 red chile, sliced

2 scallions, chopped

1 tablespoon fish sauce

½ teaspoon organic maple syrup

6 tablespoons tamari, divided

Juice of 1 lime

3 tablespoons sesame oil, divided

3 tablespoons grated lemongrass

5 garlic cloves, minced

½ teaspoon ground ginger

1 pound ground pork

Freshly ground black pepper

2 tablespoons raw honey

¼ cup Sriracha chili sauce

2 cups Thai basil leaves,
chopped, divided

½ lime, quartered, for garnish

Toasted sesame seeds, for garnish

Chopped peanuts, for garnish

Lemongrass, rice, and basil come together elegantly in this Thai-inspired bowl and the flavor combination is absolutely magical.

1. Prepare the rice according to the package instructions. Set aside.
2. While the rice is cooking, in a large bowl, combine the carrots, bell peppers, red chile, scallions, fish sauce, maple syrup, 2 tablespoons tamari, and lime juice. Toss well to mix and coat all the vegetables.
3. In a large skillet over medium heat, heat 1 tablespoon sesame oil. Once the oil is hot, add the cooked rice and grated lemongrass. Stir well to combine and cook for 3 to 4 minutes. Transfer the rice into a bowl and set aside.
4. Reheat the same large skillet over medium heat. Add the remaining 2 tablespoons sesame oil, garlic, and ground ginger, and sauté for 30 seconds. Add the ground pork, using a wooden spoon to break it up. Season it with the pepper, and continue stirring regularly until the pork is fully cooked, about 5 minutes.
5. Add the honey, Sriracha, 1 cup of basil, and the remaining 4 tablespoons tamari to the pork, and stir well. Allow the mixture to simmer and cook for 4 to 5 minutes, until the pork is fully coated in the sauce. Remove the pork from the heat and stir in the remaining 1 cup of basil.
6. Compose the bowls, beginning with the rice mixture, followed by the pork, and topped off with the vegetable mixture. Garnish with the lime wedges, toasted sesame seeds, and chopped peanuts.

SUPERB SWAP: Black sesame seeds can be a little more difficult to find than traditional white sesame seeds, but I always look for them when shopping because they add a little extra flair to this bowl.

Teriyaki Chicken Bowl

I credit my mom with my love for Asian food. She has always been adventurous, seeking out the best dim sum and the hippest sushi restaurants. Admittedly I don't cook Asian food often enough but when I do, this Chicken Teriyaki Bowl is my go-to. The tender chicken, crisp veggies, and fluffy rice all smothered in a sweet and sticky teriyaki sauce beats takeout every time in taste and nutrition.

Serves 4

PREP: 20 MINUTES

COOK: 20 MINUTES

GF

NF

DF

- 1. TO MAKE THE TERIYAKI SAUCE** In a small saucepan set over medium-low heat, combine the tamari, honey, orange juice, rice vinegar, sesame oil, ginger, garlic, and red pepper flakes.
- 2.** Heat the sauce to a boil. Cook for 2 minutes, stirring constantly.
- 3.** Remove from the heat and allow to cool.
- 4. TO MAKE THE BOWL** Prepare the rice according to the package instructions. Set aside.
- 5.** In a large pan over medium-high heat, heat the olive oil. Add the chicken in a single layer. Cook about 3 minutes per side, or until browned and fully cooked through.
- 6.** Add the carrots and broccoli to the pan. Reduce the heat to medium.
- 7.** Pour the teriyaki sauce over the chicken and vegetables. Cook for 5 minutes, or until the sauce thickens and the vegetables are crisp but tender.
- 8.** Divide brown rice among 4 bowls. Add the chicken and vegetables on top of the rice and top each with edamame, scallions, and sesame seeds.

SUPERB SWAP: Looking to switch things up? Try swapping shrimp for the chicken in this tasty grain bowl.

FOR THE TERIYAKI SAUCE

- ¼ cup tamari
- ¼ cup raw honey
- 2 tablespoons freshly squeezed orange juice
- 1 tablespoon rice vinegar
- 1½ teaspoons sesame oil
- ¼ teaspoon ground ginger
- 1 garlic clove, minced
- ½ teaspoon red pepper flakes

FOR THE BOWL

- 2 cups brown rice
- 1 tablespoon extra-virgin olive oil
- 1 pound boneless skinless chicken breast, diced
- 2 carrots, julienned
- 1 cup broccoli, chopped
- 1 cup frozen shelled edamame, thawed
- 4 to 6 scallions, thinly sliced
- Sesame seeds, for garnish

Mango, Chicken, and Avocado Bowl

Serves 2

PREP: 10 MINUTES

COOK: 45 TO 50 MINUTES

GF

NF

DF

FOR THE MANGO DRESSING

- 1 mango, roughly chopped
- 1 tablespoon apple cider vinegar
- 2 tablespoons full-fat coconut milk
- 1 teaspoon organic maple syrup
- ¼ teaspoon red pepper flakes

FOR THE BOWL

- 1 sweet potato, diced
- 3 cups broccoli florets
- 4 tablespoons extra-virgin olive oil, divided
- 2 chicken breasts
- Sea salt
- Freshly ground black pepper
- 1 tablespoon Sriracha chili sauce
- ½ cup baby spinach
- ½ cup kale, chopped
- 1 cup cooked quinoa
- 1 avocado, sliced
- 1 mango, diced

SUPERB SWAP: Meat-free? Make this recipe vegan by swapping the chicken for another protein-packed ingredient, like chickpeas or cannellini beans.

This is clean food done right—oh so right. The bright, refreshing flavor of mangos can be just as delicious in a savory grain bowl as it is in a sweet smoothie bowl.

- 1. TO MAKE THE MANGO DRESSING** In a blender, place the mango, apple cider vinegar, coconut milk, maple syrup, and red pepper flakes.
- Blend until smooth, scraping down the sides of the blender if needed. Set aside.
- 3. TO MAKE THE BOWL** Preheat the oven to 400°F.
- In a large bowl, toss the sweet potato and broccoli with 3 tablespoons olive oil. On a parchment paper-lined baking sheet, place the vegetables in a single layer. Place in the oven and roast for 35 to 40 minutes, or until vegetables are fork-tender.
- While the vegetables are roasting, heat the remaining 1 tablespoon olive oil in a medium skillet over medium heat. Season the chicken on both sides with salt and pepper and add the chicken to the hot skillet. Cook the chicken for 5 to 6 minutes, then flip and cook for an additional 5 to 6 minutes. The chicken will be done when it has an internal temperature of 165°F.
- Remove the chicken from the pan and allow it to sit for 5 minutes, and then slice into ½-inch strips.
- When the vegetables have finished roasting, place them in a large bowl. Add the Sriracha chili sauce and toss to fully coat.
- Assemble the bowls by starting with a layer of the baby spinach and kale. Add the quinoa, roasted vegetables, sliced chicken, sliced avocado, and diced mango, and drizzle with the mango dressing.

Chicken Burrito Bowl

I don't like to play favorites, but this might just be my most-loved recipe in the book. In fact, it's on repeat in our house at least once a week. Instead of "Taco Tuesday," we like to enjoy a Chicken Burrito Bowl for a quick and tasty Mexican-inspired meal. This recipe is also perfect for entertaining. Set up a burrito bar with all of the ingredients and let guests build their own bowls.

1. In a large pot, bring the quinoa and water to a boil over high heat, stirring frequently. Reduce heat to low and simmer for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
2. While the quinoa is cooking, heat the olive oil in a medium skillet over medium heat. Season the chicken on both sides with salt and pepper and add the chicken to the hot skillet. Cook the chicken for 5 to 6 minutes, then flip and cook for an additional 5 to 6 minutes. The chicken will be done when it has an internal temperature of 165°F.
3. Remove the chicken from the pan and allow it to sit for 5 minutes, then dice into cubes.
4. Add the diced chicken, black beans, corn, tomatoes, red onion, and jalapeño to the pot with the quinoa. Gently stir to combine.
5. Divide the quinoa mixture among 4 bowls. Top with the cilantro, guacamole or avocado, salsa, and Avocado-Cilantro Cream (if using).

SUPERB SWAP: Try farro or brown rice in place of quinoa for a different twist. Farro is a bit softer and more tender, while brown rice has a nuttier, chewier texture than quinoa. If you prefer your bowl on the spicier side, slice the jalapeños into rounds instead of seeding and dicing them.

Serves 4

PREP: 5 MINUTES

COOK: 30 MINUTES

GF

NF

DF

1 cup quinoa, rinsed and drained

2 cups water

1 tablespoon extra-virgin olive oil

2 chicken breasts

Sea salt

Freshly ground black pepper

1 (14-ounce) can black beans, rinsed and drained

1 cup corn

2 tomatoes, diced

1 red onion, diced

1 jalapeño, seeded and diced

½ cup stemmed and chopped fresh cilantro

Guacamole (page 146)
or 1 avocado, sliced

Salsa (page 145)

Avocado-Cilantro Cream
(page 142, optional)

Barbacoa and Avocado Bowl

Serves 4

PREP: 10 MINUTES

COOK: 8 HOURS

GF

NF

DF

- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne
- ½ teaspoon freshly ground black pepper
- 2½ pounds beef shoulder
- 1 (14-ounce) can diced tomatoes
- 1 (4-ounce) container green chiles
- 1 onion, sliced
- 3 garlic cloves, minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon organic maple syrup
- 2 cups brown rice
- 2 cups shredded romaine lettuce
- 2 tomatoes, diced
- 2 avocados, sliced
- 1 plantain, sliced and fried

Packed with warm spices like chili powder, paprika, cumin, and oregano, this slow cooker barbacoa bowl is full of flavor that will stand up to all of the toppings you throw at it. Double the recipe and make an extra batch of this juicy, tender beef to use throughout the week in soups, salads, and more.

1. In a small bowl, combine the paprika, chili powder, garlic powder, onion powder, oregano, salt, cumin, cayenne, and pepper.
2. Cover the beef shoulder with the spice mixture and press it into the meat on all sides.
3. On a parchment paper-lined baking sheet, place the beef shoulder and put the broiler on high. Broil each side of the beef for 4 to 5 minutes.
4. In a slow cooker, combine the diced tomatoes, green chiles, onion, garlic, apple cider vinegar, and maple syrup. Stir to mix well.
5. Place the beef shoulder into the slow cooker, cover, and set on low for 8 hours. Before serving, use two forks to shred and pull apart the meat.
6. Prepare the rice according to the package instructions.
7. Divide the rice and barbacoa among 4 bowls. Top with shredded lettuce, tomatoes, avocado, and plantain.

COOKING TIP: If you don't have 8 hours to let the beef shoulder cook on low, you can turn up the heat and cook on high for 4 hours.

Simple Steak Fajita Bowl

Fajitas are fast food done right. Make any day a fiesta with a sizzling bowl of fresh veggies and perfectly charred steak. I like to serve my Simple Steak Fajita Bowls with homemade Salsa (page 145) and Guacamole (page 146) for an extra kick of flavor. Serve the bowls assembled or have fun letting the family assemble their own.

1. In a large pot over medium heat, add the brown rice and water. Bring to a boil, cover the pot, and reduce the heat to low. Cook for 20 minutes, or until the liquid is absorbed and the rice is cooked through. Remove the pot from the heat.
2. Heat the coconut oil in a large pan over medium heat. Add the steak, bell peppers, and onions and sauté them for 30 seconds.
3. Add the paprika, chili powder, and cumin. Season with salt and pepper. Stir to combine. Sauté for 5 to 7 minutes, or until the steak is browned, stirring often.
4. Toss in the corn and let cook for another 2 to 3 minutes. Remove the steak and vegetables from the heat.
5. Divide the rice among 4 bowls. Top each with the steak and vegetables, and drizzle each with the Avocado-Cilantro Cream.

SUPERB SWAP: This recipe can easily be transformed into a delicious salad. Just swap the brown rice for a base of chopped romaine lettuce.

Serves 4

PREP: 10 MINUTES

COOK: 30 MINUTES

GF

NF

1 cup brown rice

2 cups water

1 tablespoon coconut oil

1 pound flank steak, cut into
½-inch strips

2 red bell peppers, seeded and sliced

1 red onion, sliced

1 teaspoon paprika

½ teaspoon chili powder

¼ teaspoon ground cumin

Sea salt

Freshly ground black pepper

1 cup corn

Avocado-Cilantro Cream (page 142)



SALAD BOWLS

Chapter Five

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Build a Salad Bowl

1

PICK A LEAFY GREEN BASE (1 TO 2 CUPS)

Arugula
Cabbage
Kale
Romaine
Spinach

2

PICK A PROTEIN (HALF CUP)

Beef	Kidney beans
Black beans	Lentils
Cannellini beans	Pinto beans
Chicken	Pork
Chickpeas	Salmon
Duck	Scallops
Edamame	Shrimp
Eggs	Tuna
Fava beans	

3

CHOOSE FRUITS & VEGETABLES (1 CUP)

Apples	Cucumber	Pears
Apricots	Eggplant	Peppers
Artichokes	Figs	Pineapple
Asparagus	Grapefruit	Plums
Avocado	Grapes	Pomegranates
Bananas	Kiwi	Radishes
Berries	Mangos	Sprouts
Beets	Melon	Squash
Broccoli	Mushrooms	Sweet potatoes
Brussels sprouts	Nectarines	Tangerines
Butternut squash	Onions	Tomatoes
Carrots	Oranges	Watermelon
Cauliflower	Parsnips	Zucchini
Celery	Peaches	

4

ADD SOME CRUNCH (HALF CUP)

Almonds
Cashews
Chia seeds
Flaxseed
Granola
Hazelnuts
Peanuts
Pecans
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

5

TOP IT OFF (TO TASTE)

Ginger
Lemon
Oil + Vinegar
Salsa
Vinaigrette

Farm-Fresh Salad Bowl

Besides building a bowl that's packed full of nutrition and different components, I always try to include a variety of textures in the mix. This refreshing salad has a little something for everyone—from soft and creamy goat cheese to juicy tomatoes, all topped off with some crunchy pecans. It's wonderful as is, of course, but leftover chicken or shrimp make a great addition for a satisfying lunch or light dinner.

1. Combine the kale, cucumber, tomato, basil, olive oil, and vinegar in a large bowl. Toss well to combine.
2. Divide the salad between 2 bowls. Top the salad with the goat cheese and pecans.

SUPERB SWAP: Every salad bowl starts with a bed of fresh, crisp greens. For a twist on this bowl, try swapping kale for baby spinach or romaine lettuce.

Serves 2

PREP: 10 MINUTES

GF

VEG

1 cup kale, chopped

1 seedless cucumber, sliced

1 medium tomato, diced

¼ cup fresh basil leaves, chopped

2 tablespoons extra-virgin olive oil

2 tablespoons red wine vinegar

2 tablespoons goat cheese

¼ cup pecans, chopped

Greek Salad Bowl

Serves 2
PREP: 10 MINUTES



2 cups romaine lettuce, chopped

1 cucumber, sliced

½ red onion, chopped

½ cup cherry tomatoes, halved

½ cup pepperoncini peppers

¼ cup Kalamata olives, pitted and sliced

1 teaspoon fresh oregano, chopped

Sea salt

Freshly ground black pepper

2 tablespoons extra-virgin olive oil,
for drizzling

Full of fresh ingredients and bold flavors, Greek cuisine is one of my favorites. So when a tiny Greek restaurant opened in our neighborhood, I couldn't wait to give it a try. Little, local places are the best and I was not disappointed. Everything was delicious, but it was the simple vegetables and salads that really stood out. So, while Julien and I plan our trip to Greece, this simple salad will have to curb my cravings.

1. In a large bowl, combine the lettuce, cucumber, red onion, tomatoes, peppers, and olives.
2. Sprinkle with the oregano and season with salt and pepper.
3. Drizzle with the olive oil and toss gently to coat evenly.
4. Divide the salad between 2 bowls and serve.

SUPER BOWL: Chickpeas are packed with protein and make a delicious addition to any Greek salad.

The Ultimate Taco Salad Bowl

Salads should always be served in a bowl so you can stuff them full of fresh veggies and pack them with protein. This recipe is called The Ultimate Taco Salad Bowl for a reason. It is chock-full of vibrant, fresh ingredients of all different textures. The irresistible combination of crunch, creaminess, and heat really lights up your taste buds.

1. In a cast-iron pan over medium-high heat, heat the olive oil. Add ground beef to the skillet and cook it for 7 to 10 minutes, using a wooden spoon to break it into crumbles, until browned.
2. In a small bowl, combine the paprika, chili powder, garlic powder, onion powder, salt, pepper, oregano, and cayenne powder.
3. Add this spice mixture and the water to the ground beef and stir to combine. Reduce the heat to low and let simmer for 3 to 4 minutes.
4. Divide the lettuce between 2 large bowls. Top each with the ground beef, avocado, tomatoes, onion, jalapeño, and salsa. Drizzle with the Jalapeño-Lime Vinaigrette and garnish with cilantro.

SUPERB SWAP: I limit the amount of red meat I consume during the week and often swap out ground turkey or chicken for the ground beef in this recipe.

Serves 2

PREP: 10 MINUTES

COOK: 15 MINUTES

GF

NF

P

DF

1 tablespoon extra-virgin olive oil

1 pound ground beef

1 teaspoon paprika

1 teaspoon chili powder

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

¼ teaspoon dried oregano

¼ teaspoon cayenne powder

¼ cup water

2 cups romaine lettuce, chopped

1 avocado, diced

1 cup cherry tomatoes, halved

¼ red onion, chopped

¼ cup jalapeño

Salsa (page 145)

Jalapeño-Lime Vinaigrette (page 141)

Fresh cilantro, for garnish

Skirt Steak Salad Bowl

Serves 4

PREP: 15 MINUTES
COOK TIME: 8 MINUTES



5 to 7 tablespoons extra-virgin olive oil, divided
1 pound skirt steak, trimmed and halved crosswise, at room temperature
2 cups kale, chopped
¼ cup red onion, thinly sliced
¼ cup shredded carrot
4 tablespoons freshly squeezed orange juice
1 tablespoon Dijon mustard
2 tablespoons shallots, finely chopped
1 garlic clove, minced
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper
¼ cup pomegranate seeds

A big bowl of greens might sound a bit drab, but juicy steak and pomegranate seeds brighten up this simple salad bowl. When topped with a citrusy dressing, this simple salad is anything but boring.

1. In a cast-iron skillet over medium-high heat, heat 1 to 2 tablespoons olive oil. Place the steak in the skillet and do not move it for 5 minutes. Turn it once, and cook for another 3 minutes for medium-rare. You may need to cook your steak halves separately, depending on the size of your pan.
2. Transfer the steak to a cutting board and let rest, loosely covered with foil, for 5 minutes.
3. Divide the kale among 4 bowls. Add red onion and shredded carrot.
4. Thinly slice the steak on the diagonal, across the grain, and arrange over the salad bowls.
5. In a blender, add the orange juice, 4 tablespoons olive oil, mustard, shallots, garlic, salt, and pepper. Blend until smooth.
6. Drizzle the salad with dressing and sprinkle with pomegranate seeds.

SUPER BOWLS: For even more crunch, sprinkle this salad with slivered almonds.

Hawaiian Chopped Salad

Grilling outside is hands-down my favorite thing about summer. Whether you are cooking for one or a crowd, there is something extra tasty about food that comes straight from the grill. This salad brings together grilled Sriracha chicken and my personal favorite—grilled pineapple—with bright cherry tomatoes, creamy avocado, and spicy Jalapeño-Lime Vinaigrette for an explosion of fresh flavors.

1. Season the chicken with the salt and pepper.
2. In a medium bowl, combine the Sriracha and lime juice. Add the chicken to the bowl and toss to coat. Cover the bowl and allow the chicken to marinate in the refrigerator for at least 30 minutes.
3. Preheat the grill to medium.
4. Place a sheet of aluminum foil on the surface of the grill. Place the chicken on the foil. Grill the chicken for 5 to 6 minutes per side, or until cooked through. Transfer the chicken to a plate.
5. Place the pineapple on the foil and cook the slices for 3 to 4 minutes on each side. Remove from heat and roughly chop.
6. Divide the lettuce among 4 bowls. Slice the chicken breasts and top each bowl with the slices. Divide the tomatoes, onion, avocado, and grilled pineapple among the bowls. Drizzle with the Jalapeño-Lime Vinaigrette and serve immediately.

PREP TIP: The perfect chopped salad bowl has a variety of different textures in every bite. Add even more texture to this bowl by spiralizing the onion instead of chopping it.

Serves 4

PREP: 30 MINUTES

COOK: 20 MINUTES

GF

NF

P

DF

1 pound chicken breasts

$\frac{1}{4}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon freshly ground pepper

4 tablespoons Sriracha chili sauce

Juice of 1 lime

8 pineapple slices, cored

4 cups chopped romaine lettuce

2 cups cherry tomatoes, halved

$\frac{1}{2}$ red onion, chopped

1 avocado, sliced

Jalapeño-Lime Vinaigrette (page 141)

Asian Chopped Salad Bowl

Serves 4
PREP: 10 MINUTES



- 1 cup kale, chopped
- 1 red cabbage, cored and chopped
- 2 red bell peppers, sliced
- 1 carrot, julienned
- ½ cup chopped fresh cilantro
- 2 scallions, sliced
- 1 teaspoon natural peanut butter
- 1 teaspoon tamari
- ½ teaspoon rice vinegar
- ½ teaspoon sesame oil
- ½ teaspoon freshly squeezed lime juice
- ½ cup cashews, chopped
- 2 tablespoons sesame seeds

This salad is colorful, cheerful, and crunchy, and could not be easier to put together. All the ingredients are raw, which means that this salad can be tossed together in minutes—no cooking required. This is music to my ears after an unexpectedly long day. Throw in some shelled edamame for extra protein, and you have a hearty chopped salad that makes a delicious lunch or dinner.

1. In a large bowl, toss the kale, red cabbage, bell peppers, carrot, cilantro, and scallions.
2. In a small bowl, whisk together the peanut butter, tamari, rice vinegar, sesame oil, and lime juice.
3. Drizzle the salad with the peanut sauce and toss gently to coat. Divide the salad among 4 bowls. Top each with the cashews and sesame seeds.

TRAVEL TIP: This chopped salads is one of my favorite weekday lunches. Pour the dressing in the bottom of a mason jar. Pile in the nuts and seeds first, then add the herbs, pile in the veggies, and place the cabbage and kale on top. Separating the dressing from the fresh produce will keep things nice and crisp.

Grilled Peach Salad Bowl

This is one of those dishes that will wow guests with both appearance and taste. The vibrant peaches, bold blueberries, and creamy goat cheese create a beautiful bowl that is sure to satisfy your summer cravings. Make this salad your contribution to the next barbecue you attend. No one will even mind that it's healthy—they'll be too busy eating it!

1. Preheat the grill to high.
2. Place a sheet of aluminum foil on the surface of the grill. Place the peaches on the foil cut-side down. Grill them for 4 to 5 minutes, until warmed through and evenly marked.
3. In a large bowl, combine the arugula, peaches, blueberries, almonds, and goat cheese. Drizzle with the Simple Lemon Dressing and toss gently to coat evenly.
4. Divide the salad among 4 bowls and serve.

SUPER BOWL: Toss a small handful of goji berries onto this salad for some added color, flavor, and texture.

Serves 4

PREP: 15 MINUTES

COOK: 5 MINUTES

GF

VEG

4 ripe peaches, halved and pitted

6 cups arugula

1 cup fresh blueberries

½ cup almonds

½ cup goat cheese

Simple Lemon Dressing (page 140)

Summer Salad Bowl

Serves 4

PREP: 10 MINUTES

COOK: 15 MINUTES

NF

VEG

DF

1 cup bulgur wheat

2 cups water

½ pound radishes, sliced

2 avocados, diced

2 eggs, hardboiled and diced

Simple Lemon Dressing (page 140)

Fresh basil, for garnish

This bowl is aptly named because it is filled to the brim with my favorite summer flavors. Although this salad can be made year-round, remember that fresh is always best for keeping the flavors bright and getting the most nutrients out of every bite. Really, it's a perfect salad for the fresh-from-the-garden veggies you grow. I've included my own favorites here.

1. In a large pot, bring the bulgur wheat and water to a boil over high heat. Reduce the heat to low, cover, and let simmer for 12 to 15 minutes, or until tender. Drain and set aside.
2. In a large bowl, toss together the bulgur, radishes, avocado, and hardboiled eggs. Drizzle with the Simple Lemon Dressing and toss gently to coat evenly.
3. Divide the salad among 4 bowls and garnish each with the basil leaves.

SUPERB SWAP: For a true summertime experience, try adding grilled corn as well!

Tuscan Tuna Salad

The first image that comes to my mind when I hear “tuna salad” is that thick, mayonnaise-laden sandwich filling that graced so many classmates’ slices of bread growing up. This recipe is here to change that perception. With fresh ingredients, a healthy serving of protein, and a lot of color in your bowl, you’ll quickly forget your old idea of tuna salad.

1. In a large bowl, add all the ingredients. Use two wooden spoons to gently toss the ingredients together, ensuring they are mixed together evenly.
2. Divide the salad among 4 bowls. Serve immediately.

TRAVEL TIP: Sometimes lemon juice can wilt vegetables if it sits for too long. If you’re taking this salad on the go, pack some Simple Lemon Dressing (page 140) in a separate container as a substitute for the lemon juice and zest of lemon in this recipe.

Serves 4

PREP: 10 MINUTES

GF

NF

P

DF

1 (15-ounce) can white kidney beans,
drained and rinsed

2 (5-ounce) cans tuna packed in oil

4 cups baby spinach

1 avocado, pitted and cubed

½ small red onion, sliced

1 tomato, diced

Juice of 1 lemon

Zest of 1 lemon

Sea salt

Freshly ground black pepper

Vietnamese Carrot Noodle Salad

Serves 4

PREP: 15 MINUTES

COOK: 2 HOURS

GF

V

P

$\frac{3}{4}$ cup rice vinegar

1 $\frac{1}{2}$ tablespoons organic maple syrup

$\frac{1}{4}$ teaspoon salt

3 carrots, spiralized

1 seedless cucumber, spiralized

1 jalapeño, thinly sliced

3 tablespoons extra-virgin olive oil

4 cups Chinese cabbage, shredded

$\frac{3}{4}$ cup chopped fresh cilantro

$\frac{1}{4}$ cup peanuts

This is one of the longer recipes in the book to prepare that doesn't require a slow cooker, but it is well worth the wait. The pickled vegetable noodles combined with cool cabbage provide a nice crunch that is sure to satisfy. The flavors that develop are complex, yet it's still pleasantly easy to taste each individual component. This salad is particularly refreshing on a hot day.

1. In a large saucepan, bring the vinegar, maple syrup, and salt to a boil over high heat.
2. Place the carrot noodles in the pan, return the mixture to a boil, then turn the heat to low. Cover and cook for 90 seconds to 2 minutes.
3. Add the cucumber noodles and jalapeño to the pan, stirring to combine. Remove the mixture from the heat and cover. Allow it to stand, covered, for 2 hours, stirring occasionally.
4. Once the vegetables have pickled, remove and reserve 3 tablespoons of the pickling liquid, then drain the rest.
5. In a small bowl, whisk together the olive oil and the pickling liquid to make a dressing.
6. Add the shredded cabbage and dressing to a large bowl. Toss to coat.
7. Divide the cabbage evenly among 4 bowls. Top each with the pickled vegetables, cilantro, and peanuts. Serve immediately.

COOKING TIP: If you're not making this salad vegan, it would also be great with lean roasted meat added. Think pork loin or sliced chicken.

Grilled Chicken and Succotash Salad Bowl

Many people shrug off salads as either boring or as not having enough substance, but this salad has all that and more. A tasty combination of protein and produce, this salad is based on a traditional American succotash and is packed with sweet corn and lima beans. Crisp lettuce, crunchy bacon, and a creamy avocado dressing round out this big bowl of goodness.

1. Preheat the grill to medium-high.
2. In a medium saucepan, bring 2 to 3 cups of water to a boil. Add the lima beans, turn the heat to low, and cook for 12 minutes.
3. Add the corn to the simmering lima beans and cook for an additional 3 minutes. Drain and set the vegetables aside.
4. Place the bacon slices carefully on the grill. Grill for 3 minutes, then turn and cook for an additional 3 minutes. Transfer the bacon to a paper towel-lined plate to remove any excess grease.
5. Place the chicken carefully on the grill. Grill the chicken for 5 to 6 minutes, then turn and cook for an additional 5 minutes. Transfer the chicken to a plate.
6. Slice the chicken into thin strips, and coarsely chop the bacon into pieces. Set aside.
7. Divide the Boston lettuce, onion, and tomato among 4 bowls. Top each bowl with sliced chicken, bacon, and lima bean and corn mixture.
8. Drizzle each with the Avocado-Cilantro Cream and serve immediately.

SUPERB SWAP: The Avocado-Cilantro Cream is a perfect complement to this dish, but if you're looking for something a little lighter, try this salad with my Simple Lemon Dressing (page 140).

Serves 4

PREP: 15 MINUTES

COOK: 25 MINUTES

GF

NF

1 cup lima beans

1 cup corn

4 bacon slices

3 chicken breasts

1 head Boston lettuce, torn

½ red onion, chopped

1 medium tomato, diced

Avocado-Cilantro Cream (page 142)

Garden Fresh Cobb Salad Bowl

Serves 4
PREP: 20 MINUTES

GF

VEG

4 cups water
1 pound green beans, ends trimmed
1 small head Bibb lettuce,
washed and rinsed
½ pound radishes, halved
and sliced thin
1 cup canned chickpeas, drained
1 cup walnuts, chopped
2 tablespoons lemon juice
1 tablespoon Dijon mustard
2 tablespoons plain Greek yogurt
2 tablespoons olive oil
Sea salt
Freshly ground black pepper

I love a good Cobb salad, but in the summer I always prefer to use ingredients fresh from the garden. This bowl started as a combination of a handful of everything my grandma grows in the garden plus a handful of chickpeas for protein and some walnuts for a little crunch. Now it is a family staple for nights we eat dinner on the patio.

1. In a large pot, bring the water to a boil over high heat. Add the beans and cook for 4 to 5 minutes, until just tender. Drain the beans well and let cool.
2. Fill 4 bowls three-fourths full with the Bibb lettuce.
3. Arrange the green beans, radishes, chickpeas, and walnuts on top of each bowl.
4. Whisk together the lemon juice, mustard, yogurt, and oil. Season with salt and pepper.
5. Drizzle the dressing over the salad bowls and serve.

SUPERB SWAP: If you are enjoying this salad for lunch, try swapping the chickpeas for grilled chicken.

Shaved Asparagus and Edamame Salad Bowl

This salad screams “summer” and is perfect for when high temperatures call for light, refreshing meals with minimal prep and very little cooking required. Vibrant green asparagus and edamame are crisp and crunchy, while wholesome, fluffy quinoa rounds out the bowl without being too heavy. The beets add a heartiness that helps fill you up without feeling like you’ve overindulged.

1. In a large pot, bring the quinoa and water to a boil over high heat, stirring frequently. Reduce heat to low and let simmer for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
2. Use the slice setting on a mandolin to shave the asparagus lengthwise into a large bowl.
3. Add the scallions, edamame, beets, and Simple Lemon Dressing to the asparagus, and toss to combine.
4. Divide the quinoa evenly among 4 bowls and top each with the asparagus mixture.

SUPER BOWL: Almonds are the perfect superfood to add a little texture and nutty taste to accompany the flavors in this bowl.

Serves 4

PREP: 10 MINUTES

COOK: 20 MINUTES

GF

NF

V

1 cup quinoa

2 cups water

1 bunch asparagus (about 24 stems)

8 scallions, thinly sliced

1 cup shelled edamame

1 cup sliced beets

Simple Lemon Dressing (page 140)

Brussels Sprouts Caesar Salad Bowl

Serves 4
PREP: 10 MINUTES



FOR THE DRESSING

2 tablespoons extra-virgin olive oil
2 tablespoons grapeseed oil
1 egg yolk
Juice of 1 lemon
1 garlic clove
½ teaspoon Worcestershire sauce
½ cup Parmesan cheese, grated
½ teaspoon red wine vinegar
¼ teaspoon cayenne pepper
Sea salt
Freshly ground black pepper

FOR THE SALAD

1 pound Brussels sprouts
½ cup chopped romaine lettuce

This is one of those recipes that has quickly become one of my go-tos on nights that I work a little later than I should. The most time-consuming part of this recipe is making the Caesar dressing, but I promise it will be worth it when you taste it atop a mixture of romaine lettuce and some nutty shaved Brussels sprouts.

- 1. TO MAKE THE DRESSING** In a small bowl, combine the olive and grapeseed oils, stirring them together with a spoon.
- 2.** Add the egg yolk, lemon juice, garlic, Worcestershire sauce, Parmesan cheese, red wine vinegar, cayenne pepper, salt, and pepper to a food processor bowl. Process until the mixture becomes smooth.
- 3.** Start the processor again, and slowly pour the oil mixture into the processor bowl. Continue to mix until all of the ingredients are incorporated and the dressing is smooth.
- 4. TO MAKE THE SALAD** Remove the stems and any browning outer leaves of the Brussels sprouts. Using a sharp knife, cut them each in half, then slice the pieces thinly.
- 5.** In a large bowl, combine the sliced Brussels sprouts, romaine lettuce, and dressing together until all of the vegetables are coated with the dressing.
- 6.** Divide the salad among 4 bowls and serve.

TRAVEL TIP: The dressing in this recipe is perfect to have on hand if you're in a super time crunch or if you want a healthy lunch to bring with you on the go. Make it in advance and store in the refrigerator for up to 4 days, ensuring to shake well before using it each time.

Strawberry Spinach Salad

A small salad topped with seasonal fruit, crunchy nuts, and a simple salad dressing is a great, refreshing way to start any meal. It also makes for a stress-free lunch or dinner—just add some chicken for extra protein. Keep a bag of greens on hand for when you're in a pinch and get creative with the toppings for easy meals on busy days.

1. In a large bowl, combine the spinach, strawberries, goat cheese, and pecans. Drizzle with the Simple Lemon Dressing and toss gently to coat evenly.
2. Divide the salad among 4 bowls. Sprinkle each with the poppy seeds before serving.

TRAVEL TIP: Prepare the salad in a mason jar in advance without the salad dressing. Dress the salad just before you are ready to eat.

Serves 4

PREP: 10 MINUTES

GF

VEG

4 cups baby spinach

8 fresh strawberries, sliced

¼ cup goat cheese, crumbled

¼ cup pecans, chopped

Simple Lemon Dressing (page 140)

½ tablespoon poppy seeds



SOUP BOWLS

Chapter Six

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Build a Soup Bowl

1

PICK A FAT (1 TO 2 TABLESPOONS)

Avocado oil
Grass-fed butter
Extra-virgin olive oil

2

CHOOSE A BASE (4 CUPS)

Almond milk
Beef broth
Chicken broth
Coconut milk
Puréed vegetables
Tomato purée
Vegetable
broth

3

PICK A PROTEIN (1 CUP)

Beef
Black beans
Cannellini
beans
Chicken
Chickpeas
Kidney beans
Lentils
Pinto beans
Pork
Salmon
Scallops
Shrimp

4

ADD A VEGETABLE (2 CUPS)

Beets
Butternut
squash
Cabbage
Carrots
Cauliflower
Celery
Kale
Leeks
Mushrooms
Onions
Parsnips
Peppers
Potatoes
Spinach
Squash
Sweet potatoes
Tomatoes
Zucchini

5

SPICE IT UP (OPTIONAL)

Allspice
Basil
Bay leaves
Black pepper
Cayenne pepper
Chili powder
Cinnamon
Cloves
Coriander
Cumin
Curry powder
Garlic powder
Garlic salt
Italian seasoning
Mustard

Nutmeg

Onion powder
Onion salt
Oregano
Paprika
Parsley
Red pepper flakes
Rosemary
Sea salt
Thyme

6

TOP IT OFF (OPTIONAL)

Bacon
Flaxseed
Fresh herbs
Pine nuts
Pumpkin seeds
Red pepper flakes
Sesame seeds
Sunflower
seeds

Rustic Vegetable Soup

In the spring, when the weather is still unpredictable, I gravitate toward soup bowls to get through the last few chilly evenings before the warmer weather is here to stay. This hearty vegetable soup is one of my all-time favorites. Loads of veggies and beans keep this soup satisfying without being too heavy, making it the perfect meal to end the day.

1. In a large pot over medium heat, heat the olive oil. Add the onion and sauté for 3 to 4 minutes, until soft and translucent. Add the carrots, celery, and leek and cook for another 5 minutes, stirring frequently. Add the garlic and cook for another 30 seconds, being careful not to let it burn.
2. Add the tomato paste and stir well. Add the beans, diced tomatoes, broth, thyme, and potatoes. Season with salt and pepper. Increase the heat to high and bring to a boil. Reduce the heat and let simmer for 15 to 20 minutes, or until the potatoes are tender.
3. Stir in the chopped kale and let cook for another 5 minutes or until the kale is wilted.
4. Divide the soup among 4 bowls and serve.

SUPER BOWL: Roasted nuts and seeds add a unique texture and extra nutrients to any soup. I like to toss roasted pumpkin seeds on top for an extra crunch.

Serves 4-6

PREP: 15 MINUTES

COOK: 30 MINUTES

GF

NF

V

1 tablespoon olive oil

1 small onion, diced

2 carrots, diced

2 celery stalks, trimmed and diced

1 large leek, rinsed and sliced

2 garlic cloves, chopped

3 tablespoons tomato paste

1 (15-ounce) can white beans,
rinsed and drained

1 (28 ounce) can diced tomatoes

6 to 8 cups vegetable broth

2 sprigs fresh thyme

2 potatoes, diced

Sea salt

Freshly ground black pepper

4 to 5 kale leaves, stemmed,
roughly chopped

Spiced Butternut Squash Soup

Serves 4

PREP: 10 MINUTES

COOK: 1 HOUR, 30 MINUTES



The best soups are hearty, nourishing bowls of goodness that warm you up and provide comfort from the inside out. Roasted vegetables and a delicious blend of spices give this creamy soup a robust flavor profile, while roasted pumpkin seeds add an unexpected crunch that is sure to have you asking for seconds. Make a pot of Spiced Butternut Squash Soup on Sunday night and store it away for a nourishing weeknight meal when things get busy.

1 butternut squash, halved and seeded

3 tablespoons extra-virgin olive oil, divided

1 onion, chopped

1 cup chicken stock

½ teaspoon garlic powder

½ teaspoon ground ginger

½ teaspoon ground turmeric

½ teaspoon ground white pepper

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Sea salt

Freshly ground black pepper

1 cup raw pumpkin seeds

1 teaspoon ground cumin

½ teaspoon garlic powder

½ teaspoon paprika

1. Preheat the oven to 350°F.
2. Line a baking sheet with aluminum foil, and place the squash halves cut-side down. Roast them for 60 minutes. Allow the squash to cool for a few minutes; then scoop out the cooked squash from the skins. Set aside. Turn the oven temperature up to 375°F and line a baking sheet with parchment paper.
3. In a large pot over medium heat, heat 2 tablespoons olive oil. Add the onion and sauté 5 to 8 minutes, until soft and translucent.

4. Add the squash, chicken stock, garlic powder, ginger, turmeric, white pepper, cinnamon, and nutmeg to the pot. Season with salt and pepper, and stir well to combine. Bring to a boil and let simmer for 20 minutes.
5. In a medium bowl, toss the pumpkin seeds, the remaining 1 tablespoon olive oil, cumin, garlic powder, and paprika until the seeds are evenly coated.
6. On the parchment paper-lined baking sheet, place the pumpkin seeds in a single layer. Roast them for 8 minutes. Remove from the oven, and set aside to cool.
7. Using an immersion blender, blend the soup right in the pot until it is completely smooth. Divide the soup into 4 bowls and top with the toasted pumpkin seeds.

SUPERB SWAP: Spice things up even further by adding pears or apples in with the butternut squash. These fruits both complement the flavor of the soup.

Wild Rice and Veggie Soup

Serves 6

PREP: 15 MINUTES

COOK: 1 HOUR

GF

NF

V

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 pound mixed mushrooms, chopped
- 6 cups organic vegetable broth
- 1 cup wild rice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon red wine vinegar

This hearty soup is simple to make with ingredients that I often keep on hand, making it a frequent favorite in our house. It's also easy to customize based on what you have in the fridge at the end of the week. No carrots? No problem! Add whatever root vegetable you have available. No rice in the pantry? Use quinoa instead. Plus, everything is made in one pot for easy cleanup!

1. In a large pot over medium heat, heat the olive oil. Add the onion and sauté for 5 to 8 minutes, until soft and translucent.
2. Add the carrots and celery to the pot and cook for another 2 minutes, stirring frequently. Add the mushrooms and cook for an additional 10 minutes, stirring frequently, until they reduce in size (they lose a lot of water while they cook).
3. Add the vegetable broth, rice, oregano, thyme, salt, and pepper to the pot. Increase the heat to high and bring to a boil. Then reduce the heat, cover the pot, and let simmer for 30 minutes. Stir in the red wine vinegar and let simmer for another 10 minutes.
4. Divide the soup among 6 bowls and serve.

SUPER BOWL: Make this bowl super by adding a serving of protein. Chicken and kidney beans make a tasty addition to this recipe.

Black Bean Soup

Black bean soup is full of flavor and goodness, making it incredibly tasty on its own. But when topped with juicy tomatoes, buttery avocado, and roasted corn, it becomes a hearty dinner in a bowl. I always make a double batch and freeze half for when I need a wholesome meal in a hurry. You can also make a double batch and use the leftovers as a base for a Mexican-inspired breakfast bowl during the week.

1. In a large pot, bring the quinoa and water to a boil over high heat, stirring frequently. Reduce the heat to low and let simmer for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
2. While the quinoa is cooking, in a large pot over medium heat, heat the olive oil. Add the onion and sauté for 5 to 8 minutes, until soft and translucent. Add the garlic and jalapeño to the pot and sauté for another 5 minutes.
3. Add vegetable broth, cumin, chili powder, and coriander to the pot. Increase the heat to high and bring to a boil. Then reduce the heat to low and let simmer for 20 minutes.
4. Stir in the cooked quinoa, black beans, and cayenne pepper. Season with salt and pepper.
5. Divide soup among 4 bowls and top each with the avocado, tomato, and corn.

TRAVEL TIP: Soups and stews make a great lunch because they get more flavorful over time as the flavors continue to meld. Store one serving of soup in a microwave-safe glass dish and reheat it the next day.

Serves 4

PREP: 10 MINUTES

COOK: 30 MINUTES

GF

NF

V

1 cup quinoa, rinsed and drained

2 cups water

1 tablespoon extra-virgin olive oil

½ yellow onion, diced

3 garlic cloves, minced

1 jalapeño, diced

6 cups organic vegetable broth

1 teaspoon ground cumin

1 teaspoon chili powder

½ teaspoon ground coriander

1 (15-ounce) can black beans, drained and rinsed

¼ teaspoon cayenne pepper

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper

½ avocado, sliced

1 tomato, diced

1 cup corn, roasted

Sweet Potato and Lentil Soup

Serves 6

PREP: 10 MINUTES

COOK: 1 HOUR

GF

NF

V

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, diced
- 2 tomatoes, diced
- 1 teaspoon minced fresh ginger
- 2 sweet potatoes, peeled and diced
- 6 cups organic vegetable broth
- 1 cup red lentils
- 1½ teaspoons ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper
- Pinch sea salt
- 1 cup kale, chopped

There is something inherently easy about one-pot cooking—it's just one pot, after all. Even though soup may need to simmer for a bit, my favorite ones come together with minimal prep and some love on the stove. Highly nutritious—sweet potatoes are jam-packed with vitamin A and calcium—and full of flavor, this soup is a crowd-pleaser that will warm and comfort your guests on even the coldest of nights.

1. In a large pot over medium heat, heat the olive oil. Add the onion and sauté for 5 to 8 minutes, until soft and translucent. Add the tomatoes and ginger to the pot and cook for another 2 minutes, stirring frequently. Add the sweet potatoes and cook for an additional 10 minutes.
2. Add the broth, lentils, turmeric, cumin, coriander, cinnamon, and cayenne pepper to the pot and season with the salt. Increase the heat to high and bring to a boil. Then reduce the heat to low, cover the pot, and let simmer for 30 minutes.
3. Stir in the kale and simmer for 8 to 10 minutes, until the kale is wilted.
4. Divide the soup among 6 bowls and serve.

SUPERB SWAP: Chickpeas make a delicious alternative to lentils in this hearty soup.

The Ultimate Green Soup

This recipe is aptly named because it is packed full of fresh greens, making it a hearty and healthy bowl. I make this soup when I am craving a comforting warm bowl of soup and the nourishment of a big green salad. Creamy, delicious, and full of wholesome nutrients, it is sure to make you feel good on the inside.

1. In a large pot over medium heat, heat the olive oil. Add the yellow onion and sauté for 5 to 8 minutes, until soft and translucent. Add the garlic and potato and cook for an additional 10 minutes, stirring frequently.
2. Add the vegetable broth, spinach, kale, scallions, and parsley to the pot. Season with salt. Increase the heat to high and bring to a boil. Reduce the heat to low, cover the pot, and let simmer for 30 minutes.
3. Season the soup with the black pepper, cayenne pepper, and lemon juice.
4. Using an immersion blender, blend the soup right in the pot until completely smooth. Divide the soup among 4 bowls and drizzle with olive oil.

SUPER SWAP: When chard is in season, swap 1 cup chard for the spinach or kale for a unique twist on this tasty soup bowl.

Serves 4

PREP: 10 MINUTES

COOK: 50 MINUTES

GF

NF

V

P

1 tablespoon extra-virgin olive oil,
plus additional for garnish

1 yellow onion, diced

1 garlic clove, minced

1 potato, peeled and diced

3 cups organic vegetable broth

1½ cups spinach, stemmed

1 cup kale, chopped

4 scallions, sliced

½ cup chopped fresh parsley

¼ teaspoon sea salt

¼ teaspoon freshly ground
black pepper

¼ teaspoon cayenne pepper

1 tablespoon freshly squeezed
lemon juice

Lemon Chicken Soup

Serves 4

PREP: 10 MINUTES

COOK: 50 MINUTES

GF

NF

DF

- ½ cup quinoa
- 1 cup water
- 1 tablespoon extra-virgin olive oil
- 2 scallions, sliced
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 1 zucchini, diced
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 4 cups chicken stock
- ½ teaspoon lemon zest
- 1 cup shredded cooked chicken
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon red pepper flakes

While I was growing up, my grandmother lived down the street from us. Whenever I had to stay home from school because I was feeling ill, I would be dropped off to spend the day at her house. Grandma would spoil me with homemade soup, movies, and lots of love. To this day, this Lemon Chicken Soup brings back memories of Grandma's house.

1. In a large pot, bring the quinoa and water to a boil over high heat, stirring frequently. Reduce the heat to low and let simmer for 15 to 20 minutes, stirring occasionally. Once the liquid is absorbed and the quinoa is tender, remove the pot from the heat.
2. While the quinoa is cooking, heat the olive oil in a large pot over medium heat. Add the scallions and sauté for 3 to 4 minutes, until soft and tender.
3. Add the celery and garlic to the pot and cook for another 2 minutes, stirring frequently. Add the zucchini, salt, and pepper, and cook for an additional 10 minutes, stirring frequently.
4. Add the chicken stock and lemon zest to the pot. Increase the heat to high and bring to a boil. Reduce the heat to low, cover the pot, and let simmer for 30 minutes.
5. Stir in the cooked quinoa, chicken, dill, and parsley and simmer for 2 minutes more. Divide the soup among 4 bowls and top with the lemon juice and red pepper flakes.

SUPERB SWAP: If you're a chicken soup traditionalist, try adding some brown rice to the soup instead of the quinoa.

Celery Root Soup

I discovered celery root (also known as celeriac) when I got my first spiralizer and bought every root vegetable under the sun to make veggie noodles. Unfortunately, until then I—like many others—had no idea this sweet, nutty, and super flavorful root existed. The root itself doesn't look very satisfying, but once peeled it can be roasted, mashed, spiralized, and puréed. Here, celery root is the centerpiece of a delicious, creamy bowl of comfort.

1. In a large pot over medium heat, heat the olive oil. Add the onion and sauté for 5 to 8 minutes, until soft and translucent. Add the celery root and garlic, and cook for 5 minutes, stirring frequently. Add the pear and cook for an additional 3 minutes, stirring frequently.
2. Add vegetable broth, bay leaves, tarragon, cayenne pepper, and white pepper to the pot. Season with salt. Turn up the heat to high and cook, stirring occasionally, until most of the liquid has evaporated.
3. Add the water to the pot and bring to a boil. Reduce the heat to low, cover the pot, and let simmer for 20 to 25 minutes, until the celery root is soft. Remove and discard the bay leaves and tarragon sprigs.
4. Using an immersion blender, blend the soup right in the pot until completely smooth. Divide the soup among 4 bowls and drizzle with olive oil.

SUPERB SWAP: If you don't have tarragon in the house, use ½ teaspoon of dried oregano instead.

Serves 4

PREP: 10 MINUTES
COOK: 45 TO 60 MINUTES



1 tablespoon extra-virgin olive oil,
plus additional for garnish

1 yellow onion, diced

1 pound celery root, peeled and diced

1 garlic clove, minced

1 pear, peeled and cored

¾ cup organic vegetable broth

2 bay leaves

4 tarragon sprigs

¼ teaspoon cayenne pepper

¼ teaspoon ground white pepper

¼ teaspoon sea salt

3 cups water

Creamy Broccoli Soup

Serves 6

PREP: 10 MINUTES

COOK: 1 HOUR



2 broccoli heads, coarsely chopped

1 cauliflower head, coarsely chopped

1 white onion, chopped

4 cups organic vegetable broth

1 cup full-fat coconut milk

Sea salt

Freshly ground black pepper

This is not your grandma's broccoli cheddar soup. No, this is my famous dairy-free Creamy Broccoli Soup. It is a frequent bowl on our dinner table, and versions of this soup have made an appearance in my previous cookbooks. I have made this version vegan-friendly and kept it full of flavor. If you are feeling adventurous, top it off with a small sprinkle of red pepper flakes for some added heat.

1. In a large pot over high heat, bring the broccoli, cauliflower, onion, vegetable broth, and coconut milk to a boil. Reduce the heat to low, and simmer for 30 minutes.
2. Season the soup with salt and pepper, and allow the soup to cool for 30 minutes.
3. Fill a blender with the soup to the marked maximum height, and blend on high until the consistency is smooth. Empty the puréed soup into a large bowl or a different pot. Repeat until all the soup is blended. Alternatively, use an immersion blender to blend the soup right in the pot while it is still warm.
4. Reheat the soup on the stove until warm, divide among 6 bowls, and serve.

SUPER BOWL: For a little added creaminess and some extra protein, add a dollop of plain Greek yogurt.

Loaded Cauliflower Soup

Creamy and delicious, this Loaded Cauliflower Soup radiates bacon in every bite. It's the perfect indulgence when you crave a comforting dish. The rich flavor combination is sure to make you forget that it's dairy-free—and it's rich and creamy enough that dairy is not even needed. If you have leftovers, store them in an airtight container in the fridge and reheat the next day for lunch or another delicious dinner.

1. In a large pot over medium heat, brown the diced bacon for 10 minutes. Remove the bacon to a paper towel-lined plate, keeping the rendered bacon fat in the pot.
2. Add the onion and garlic powder to the bacon fat, and sauté until the onion is soft, 5 to 8 minutes.
3. Add the cauliflower to the pot. Turn the heat to high, and add the chicken broth.
4. Once the broth comes to a boil, add the bacon, cover the pot, and reduce the heat to low. After 10 minutes, stir in the coconut milk, then remove the pot from the heat.
5. Add the salt and pepper, and allow the soup to cool for 30 minutes.
6. Fill a blender pitcher with the soup to the marked maximum height, and blend on high until the consistency is smooth. Empty the puréed soup into a large bowl or a different pot. Repeat until all the soup is blended.
7. Reheat the soup on the stove until warm, divide among 4 bowls, and serve.

SUPER BOWL: Load up this soup even further by piling your favorite superfoods on top. Toasted nuts and seeds are a great addition. If you tolerate dairy, add some shredded Cheddar cheese as well.

Serves 4

PREP: 10 MINUTES

COOK: 1 HOUR

GF

NF

P

DF

5 bacon slices, diced

1 onion, chopped

½ teaspoon garlic powder

1 cauliflower head, cut into small florets

3 cups organic chicken broth

⅓ cup coconut milk

1 teaspoon sea salt

1 teaspoon freshly ground
black pepper



NOODLE BOWLS

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Build a Noodle Bowl

1

PICK A NOODLE (1 CUP)

Cellophane noodles
Rice noodles
Soba noodles
Vegetable noodles

2

CHOOSE A BROTH (1 TO 2 CUPS)

Beef broth
Chicken broth
Vegetable broth

3

PICK A PROTEIN (HALF CUP)

Beef
Black beans
Cannellini beans
Chicken
Chickpeas
Kidney beans
Lentils
Pinto beans
Pork
Salmon
Scallops
Shrimp

4

ADD A VEGETABLE OR TWO (1 CUP)

Artichokes
Asparagus
Avocado
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Eggplant
Kale
Mushrooms
Onions
Spinach
Sprouts
Sweet potatoes
Tomatoes
Zucchini

5

TOP IT OFF (OPTIONAL)

Almonds
Cashews
Hemp seeds
Peanuts
Pomegranate seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Simple Noodle Bowl

Even in the most basic bowl, simple ingredients come together and are transformed into a hearty, flavorful, and delicious meal. This recipe is one of my favorites and a great recipe for beginners because there is little prep required. Combine all of the ingredients in a large skillet and voilà, an instant meal that is both nourishing and delicious!

1. In a large skillet over medium-high heat, warm the olive oil. Add the garlic, carrot, and zucchini, and cook until the vegetables start to become tender, 7 to 8 minutes.
2. Add the brown rice noodles, water, tamari, sesame oil, apple cider vinegar, and honey to the skillet.
3. Stir to incorporate all of the ingredients, cover the skillet, and cook the noodle mixture until all of the water has evaporated, stirring regularly, about 10 minutes.
4. When the water has fully evaporated, add the red pepper flakes and stir to combine. Divide the noodles among 4 bowls and serve.

SUPERB SWAP: If you choose to go grain-free or are just looking to cut down the amount of grains in your diet, omit the brown rice noodles and spiralize 2 carrots and 2 zucchini in their place.

Serves 4

PREP: 5 MINUTES

COOK: 25 MINUTES

GF

NF

VEG

DF

1 tablespoon extra-virgin olive oil

4 garlic cloves, minced

1 carrot, diced

1 zucchini, diced

2 cups brown rice noodles

2 cups water

¼ cup tamari

1 tablespoon sesame oil

1 teaspoon apple cider vinegar

1 teaspoon raw honey

½ teaspoon red pepper flakes

Garlic Shrimp and Zucchini Noodle Bowl

Serves 4

PREP: 5 MINUTES

COOK: 20 MINUTES

GF

NF

P

20 jumbo shrimp, tails removed,
peeled, and deveined

½ teaspoon sea salt

½ teaspoon freshly ground
black pepper

1 teaspoon garlic powder

5 tablespoons butter, divided

5 garlic cloves, minced

1 yellow bell pepper, spiralized

1 medium white onion, spiralized

2 large zucchini, spiralized

Once I started using a spiralizer, it was hard to put it down. In fact, I had so much fun making vegetable noodles, I wrote a whole book about them—insert shameless plug for *Spiralize It!* Vegetable noodles are a great alternative to traditional wheat noodles in a wide variety of recipes. Here, zucchini noodles combine with bell pepper noodles and onion noodles to create a fun, playful alternative to traditional noodles.

1. Place the shrimp in a large bowl. Sprinkle the shrimp with the salt, pepper, and garlic powder, and toss to coat all of the shrimp with the spices.
2. In a large skillet, heat 4 tablespoons of butter and the garlic over medium heat.
3. Add the bell pepper noodles and onion noodles to the butter and sauté for 4 minutes, until the pepper noodles are soft.
4. Add the seasoned shrimp to the skillet. Cook until the shrimp are opaque, 10 to 15 minutes.
5. In a medium skillet over medium heat, heat the remaining 1 tablespoon of butter. Add the zucchini noodles and cook for 4 minutes.
6. Divide the zucchini noodles among 4 bowls and top each with the shrimp and veggie noodle mixture.

SUPERB SWAP: If shellfish isn't your thing or if you're allergic, replace the shrimp with some pan-seared chicken for an equally delicious meal.

Chili Lime Thai Noodle Bowl

I am all but addicted to the spicy yet subtle combination of the hot, sweet, and sour flavors that ring through every bite of this bowl. What's not to love? Fresh carrots, crunchy bell peppers, crisp sprouts, and soft noodles are pulled together by a deliciously sweet and sticky sauce. Okay, I admit it's a full-on addiction and I'm happy to take you along for the ride.

1. In a large pot, bring the water to a boil over high heat. Add the brown rice noodles and stir, leaving the heat on high and the pot uncovered, cooking them for 10 minutes. Drain the water from the pot.
2. While the noodles are cooking, heat the olive oil in a large skillet over medium-high heat. Add the garlic, carrots, bell peppers, and edamame, and sauté for 5 to 7 minutes. Stir regularly to ensure all of the vegetables cook evenly. Stir in the bean sprouts and cook the vegetable mixture 1 minute more.
3. Add the vegetables into the pot with the drained noodles. Add the chili sauce and lime juice, and stir well to combine.
4. Divide the noodles among 4 bowls and top each with the cashews.

TRAVEL TIP: One of my favorite things about this dish is the crunch from the cashews. If you're taking this to work or on the go, bring the cashews with you in a small bag and add them only when you're ready to eat.

Serves 4

PREP: 10 MINUTES

COOK: 15 MINUTES

GF

V

3 quarts water

2 cups brown rice noodles

3 tablespoons extra-virgin olive oil

2 garlic cloves, minced

2 carrots, diced

2 red bell peppers, seeded
and chopped

$\frac{3}{4}$ cup frozen shelled edamame, thawed

$\frac{1}{2}$ cup bean sprouts

$\frac{1}{3}$ cup red chili sauce

Juice of 1 $\frac{1}{2}$ limes

2 tablespoons chopped cashews

Sesame and Garlic Noodle Bowl

Serves 2

PREP: 5 MINUTES

COOK: 15 MINUTES

GF

NF

V

1 quart water

1 cup brown rice noodles

3 tablespoons sesame oil, divided

6 garlic cloves, minced

1 zucchini, cut into small slices

2 Thai chiles

½ teaspoon minced fresh ginger

Juice of ½ lime

Sea salt

Freshly ground black pepper

¼ teaspoon toasted sesame seeds

Every weekend, Julien and I plan our meals and head to the local market to do one big shopping trip that we supplement with fresh veggies throughout the week. Bowls like this can easily be put together with the staples we keep on hand and enhanced by fresh, local produce. I like to use zucchini because it is easy to find, but summer squash is a delicious alternative when you find it fresh in the summer months.

1. In a large pot, bring the water to a boil over high heat. Add the brown rice noodles and stir, leaving the heat on high and the pot uncovered, cooking for 10 minutes. Drain the water from the pot.
2. While the noodles are cooking, heat 2 tablespoons of sesame oil in a large skillet over medium heat. Add the garlic, zucchini, and Thai chiles, and sauté until the zucchini begins to soften, about 5 minutes.
3. Once the noodles have finished cooking, add them to the large skillet and mix to combine with the sesame oil mixture.
4. Stir in the ginger, lime juice, and remaining 1 tablespoon of sesame oil. Season with salt and pepper.
5. Divide the noodles between 2 bowls and sprinkle each with the toasted sesame seeds.

SUPERB SWAP: If you can't find Thai chiles, you can substitute them with a serrano pepper or some dried cayenne pepper.

Veggie Noodle Lo Mein Bowl

This big bowl of veggie noodles is one of my favorite quick dinners because it is so simple to make and is so rich in flavor. The tasty combination of flavors in this sticky, sweet sauce will have you slurping up your veggies and asking for more. It's also a great one to have in your repertoire when unexpected company stops by. Although, you run the risk of a steady stream of unannounced visitors after they taste it!

1. In a small saucepan over medium-low heat, combine the tamari, honey, orange juice, rice vinegar, 1 ½ teaspoons sesame oil, ⅛ teaspoon ground ginger, half the garlic, and red pepper flakes. Bring the sauce to a boil and cook it for 90 seconds to 2 minutes, stirring constantly.
2. Pour the sauce into a small bowl. Add the cornstarch and the remaining ½ teaspoon of ground ginger, and stir well to combine.
3. In a large skillet set over medium-low heat, warm the remaining 2 teaspoons of sesame oil. Add the scallions and the remaining garlic. Cook for 2 to 3 minutes, or until softened.
4. Add the mushrooms, snow peas, and zucchini noodles, carrot noodles, and red bell pepper noodles to the skillet. Stir in the sauce. Cook for 7 to 10 minutes, stirring frequently to ensure even cooking, until the vegetables soften. Remove the skillet from the heat.
5. Divide the noodles among 4 bowls and serve immediately.

SUPERB SWAP: Cooking seasonally is an easy way to ensure you are using the freshest ingredients. In the summer, I like to swap spiralized zucchini for spiralized yellow squash in this recipe.

Serves 4

PREP: 10 MINUTES

COOK: 15 MINUTES



¼ cup tamari
¼ cup raw honey
2 tablespoons freshly squeezed orange juice
1 tablespoon rice vinegar
3 ½ teaspoons sesame oil, divided
⅛ teaspoon + ½ teaspoon ground ginger, divided
2 garlic cloves, minced, divided
½ teaspoon red pepper flakes
2 tablespoons cornstarch or tapioca flour
2 scallions, thinly sliced
½ cup white mushrooms, chopped
½ cup snow peas
2 zucchini, spiralized
2 carrots, spiralized
1 red bell pepper, spiralized

Zucchini and Carrot Ramen Bowl

Serves 2

PREP: 10 MINUTES

COOK: 70 MINUTES

GF

NF

V

4 cups water

½ white onion, diced

½ celery stalk, diced

1 garlic clove, minced

1 teaspoon miso paste

½ teaspoon ground ginger

1 cup chopped red cabbage

2 carrots, spiralized

2 zucchini, spiralized

½ red onion, spiralized

This simple soup is a far cry from the packets of sodium-laden ramen that grace the shelves of supermarkets and dorm rooms. Instead of dehydrated wheat noodles and fake flavor, vegetable noodles and fresh ingredients provide a heaping bowl of goodness. While this soup does have to simmer on the stove for an hour, it comes together in just three simple steps.

1. In a large pot over high heat, combine the water, white onion, celery, garlic, miso paste, and ground ginger. Bring to a boil; then reduce the heat to low and simmer for 1 hour.
2. Turn the heat back up to high. Add the red cabbage and carrot noodles, zucchini noodles, and red onion noodles. Bring to a boil and cook for 3 minutes.
3. Divide the noodles between 2 bowls. Ladle the hot broth over the noodles and serve.

SUPERB SWAP: If you're craving a bit more of that traditional ramen texture, add some cellophane noodles or brown rice noodles into your bowl.

Scallop and Zucchini Noodle Bowl

This is one of those dishes that's super simple to make, but looks like you've been cooking away for hours. I like to make it when Julien and I are having a date night or entertaining guests, as it is sure to impress. Colorful veggie noodles, bright cherry tomatoes, and a garlicky butter sauce provide a delicious backdrop for the scallops, which really are the star of this bowl.

1. In a large skillet over medium heat, melt the butter. Add the garlic and sauté for 1 minute, or until fragrant.
2. Carefully place the scallops in the hot butter. Cook for about 4 minutes per side; the scallops will begin to turn an opaque white color.
3. Transfer the scallops and any remaining butter to a bowl, and pour the lemon juice over them. Season with salt and pepper.
4. Return the skillet to the stove over medium heat and heat the olive oil. Add the zucchini noodles, tomatoes, and basil, and cook for 2 to 3 minutes, tossing until the zucchini is just cooked through.
5. Divide the zucchini noodles between 2 bowls. Divide the scallops between the bowls. Pour the remaining lemon butter sauce over each and serve.

SUPER BOWL: For some added crunch and an extra kick of superfood in your day, add some toasted cashews to the top of your bowl.

Serves 2

PREP: 10 MINUTES

COOK: 20 MINUTES

GF

NF

P

6 tablespoons butter

7 garlic cloves, minced

1 pound scallops

Juice of ½ lemon

Sea salt

Freshly ground black pepper

2 teaspoons extra-virgin olive oil

1 zucchini, spiralized

½ cup cherry tomatoes halves

¼ cup chopped fresh basil

Double Noodle Chicken Pho Bowl

Serves 4

PREP: 10 MINUTES

COOK: 35 MINUTES

GF

NF

DF

2 garlic cloves, minced
½ white onion, chopped
1 tablespoon tamari
4 cups chicken broth
1 teaspoon ground ginger
½ teaspoon ground cloves
½ teaspoon Chinese five-spice powder
1 cup cellophane noodles
3 cups boiling water
1 ½ cups cooked, shredded chicken breast
2 zucchini, spiralized
1 cup bean sprouts
Lime wedges, for garnish

When I thought up the idea for this double noodle bowl, which includes both veggie and cellophane noodles, I told Julien and I hoped for an excited “I can’t wait to taste your next masterpiece” reaction. Instead, he was dumbfounded. He looked at me, deadpan, and said, “Do you mean like cling wrap? I don’t think we can eat that.” After a little explanation, a Google search of cellophane noodles, and one tasty serving later, it’s safe to say I got the reaction I was looking for.

1. In a large pot over medium heat, add the garlic and cook it for 30 seconds.
2. Add the onion, tamari, broth, ginger, cloves, and Chinese five-spice powder to the pot. Bring the mixture to a boil, cover, and reduce the heat to low. Simmer the broth for 30 minutes.
3. While the broth is cooking, place the cellophane noodles in a large bowl. Pour the boiling water over the top so that the noodles are fully covered. Allow the noodles to soak for at least 15 minutes.
4. Stir the chicken and zucchini noodles into the broth. Cook for 5 minutes, or until the zucchini noodles are tender.
5. Using a pair of tongs, add the cellophane noodles to the pot. Remove the pot from the heat and serve immediately.
6. Divide the pho among 4 bowls. Top each with the bean sprouts and garnish with a lime wedge.

SUPERB SWAP: Can’t find cellophane noodles at your local market? Swap them out for rice or veggie noodles.

Grilled Veggie and Beef Noodle Bowl

This noodle bowl really is the epitome of everything a bowl should be—full of flavor and wholesome ingredients. I like to serve this dish in a wide, shallow bowl that allows all the ingredients to soak in broth so that every bite is as full of flavor as the last.

1. Preheat the grill to 500°F.
2. In a large pot over high heat, bring the water to a boil. Add the brown rice noodles and stir, leaving the heat on high and the pot uncovered, cooking for 10 minutes. Drain the water from the pot and divide the noodles between 2 bowls.
3. While the noodles are cooking, stir together the apple cider vinegar, tamari, maple syrup, and red pepper flakes in a small bowl. Set aside.
4. Use a pastry brush to coat the zucchini and onion slices with the olive oil.
5. Place the steak and the vegetables on the hot grill. Allow them to cook for at least 5 minutes before turning over. Use tongs to flip the onion slices, as they will be delicate. Once turned over, grill the steak for at least 4 more minutes if you like it done to medium-rare, or at least 6 more minutes if you like it done to medium.
6. Remove the vegetables from the grill once they have char lines, and divide them between the bowls with the noodles.
7. Remove the steak from the grill and allow it to rest for at least 5 minutes. Slice the meat against the grain and divide the pieces between the bowls.
8. Pour half of the sauce on each bowl and serve.

SUPERB SWAP: Don't feel tied down to using boneless sirloin. If you have another cut of meat, throw it on the grill and slice it up—any cut will work.

Serves 2

PREP: 15 MINUTES

COOK: 25 MINUTES

GF

NF

DF

1 quart water

1 cup brown rice noodles

2 tablespoons apple cider vinegar

3 tablespoons tamari

1 tablespoon organic maple syrup

¼ teaspoon red pepper flakes

1 zucchini, cut lengthwise
into ½-inch-thick slices

1 large red onion, cut into ½-inch-thick
slices with the root end intact

2 tablespoons extra-virgin olive oil

1 pound boneless beef sirloin

Coconut Curry Noodle Bowl

Serves 4

PREP: 15 MINUTES

COOK: 45 MINUTES

GF

NF

V

FOR THE CURRY

- 1 tablespoon extra-virgin olive oil
- ½ white onion, finely diced
- 2 teaspoons minced fresh ginger
- 2 tablespoons red curry paste
- 1 (14-ounce) can full-fat coconut milk
- ½ cup vegetable stock
- 2 tablespoons agave nectar
- 1½ tablespoons red chili sauce
- 3 tablespoons tamari

FOR THE NOODLES

- 1 quart water
- 1 cup brown rice noodles
- 1 tablespoon extra-virgin olive oil
- ½ white onion, coarsely chopped
- 1 head broccoli, cut into florets
- 2 carrots, shredded
- 1 cup white mushrooms
- 1 teaspoon toasted sesame seeds

Most of the bowls in this chapter fall under an Asian-fusion theme, but this one has a much more Indian flare. This noodle bowl is a personal favorite in the winter months when curry's warmth is a welcome comfort on chilly nights. Filled with wholesome veggies and dripping with delicious curry, this bowl is sure to banish the winter blues.

- 1. TO MAKE THE CURRY** In a large skillet over medium-high heat, heat the olive oil. Once the oil is hot, add the white onion and ginger. Sauté for 5 minutes, or until the onion becomes translucent.
- 2.** Stir the curry paste into the onion and continue to sauté for an additional minute.
- 3.** Add the coconut milk, vegetable stock, agave nectar, red chili sauce, and tamari to the skillet, and stir well to combine.
- 4.** Turn the heat to low, and simmer the curry for 15 to 20 minutes, until it has thickened slightly. Stir well to prevent it from sticking to the bottom of the skillet.
- 5. TO MAKE THE NOODLES** While the curry sauce is simmering, heat the water in a medium pot over high heat. Cook the brown rice noodles for 10 minutes. Drain and set aside.
- 6.** In another large skillet over medium-high heat, heat the olive oil. Add the onion, broccoli, carrots, and mushrooms, and sauté until the vegetables begin to soften, about 5 minutes.
- 7.** Remove the vegetable skillet from the heat. Add the cooked noodles and the curry sauce to the vegetables. Stir well to combine. Divide the curry noodles among 4 bowls and serve, garnished with sesame seeds.

SUPERB SWAP: For a meal full of veggies, swap out the brown rice noodles for spiralized zucchini noodles.

Deconstructed Spring Roll Noodle Bowl

Spring rolls are one of my favorite guilty pleasures, but they often come deep-fried and lack any real nutritional benefit. In this bowl, a flurry of beautifully colored vegetables mixes with crystal-clear cellophane noodles for a unique twist on this takeout classic. Nothing tastes better than the flavors you love without any of the guilt. Sign me up!

1. Place the cellophane noodles in a large bowl. Pour the boiling water over the top so that the noodles are fully covered. Allow the noodles to soak for at least 15 minutes.
2. In a large bowl, combine the rice vinegar, maple syrup, tamari, lime juice, vegetable oil, and garlic powder. Whisk vigorously to combine all the ingredients.
3. Add the basil, jalapeños, red cabbage, carrots, red bell pepper, and cucumber to the bowl with the dressing. Using a pair of tongs, add the cellophane noodles to the bowl and toss gently to coat the noodles and vegetables with the sauce.
4. Divide the noodles and vegetables among 4 bowls and top each with the chopped peanuts.

COOKING TIP: For added crunch, omit step 1 and use the dehydrated noodles as a bed for the veggies.

Serves 4

PREP: 10 MINUTES

COOK: 10 MINUTES

GF

V

1 cup cellophane noodles
3 cups boiling water
2 tablespoons rice vinegar
¼ cup organic maple syrup
¼ cup tamari
¼ cup freshly squeezed lime juice
¼ cup vegetable oil
½ teaspoon garlic powder
¼ cup chopped fresh basil
2 jalapeños, sliced
½ head red cabbage, cored and coarsely chopped
2 carrots, spiralized
1 red bell pepper, spiralized
½ cucumber, spiralized
½ cup roasted and unsalted peanuts, chopped

Pork Belly Noodle Bowl

Serves 4

PREP: 10 MINUTES

COOK: 20 MINUTES

GF

NF

1 quart water
1 cup brown rice noodles
2 pork belly slices
2 tablespoons butter
6 garlic cloves, minced
1 white onion, diced
1 medium head of broccoli,
cut into florets
2 carrots, spiralized or julienned
Sea salt
Freshly ground black pepper
1 tablespoon tamari
½ teaspoon fish sauce
Diced scallions, for garnish

This bowl started as a random assortment of ingredients I had in the fridge at the end of the week—but that is the best thing about bowls. All you need is a few ingredients, with a little imagination, and voilà, you have a delicious meal. Some of my favorite flavor combinations come from tossing a bunch of ingredients in a bowl and topping everything with a flavorful broth or sauce.

1. In a large pot, bring the water to a boil over high heat. Add the brown rice noodles and stir, leaving the heat on high and the pot uncovered, cooking for 10 minutes. Drain the water from the pot.
2. While the noodles are cooking, heat a large skillet over medium-high heat. Add the pork belly slices and cook them for 4 to 5 minutes on each side, until the pork is fully cooked and the pieces are crispy on the edges. Transfer the pork to a plate and allow it to cool.
3. In the same skillet over medium heat, melt the butter. Add the garlic and onion and sauté them until the onion becomes translucent, about 5 minutes. Add the broccoli and carrot noodles to the skillet, and cook for 4 to 5 more minutes, stirring continuously.
4. Cut the pork belly into ¼-inch slices and add them and the vegetables to the pot with the noodles. Use tongs to mix the ingredients well. Add the salt, pepper, tamari, and fish sauce, and stir well to combine.
5. Divide the noodles among 4 bowls and garnish each with the scallions.

COOKING TIP: If you love veggie noodles as much as I do, try spiralizing the onion and a broccoli stem (instead of using broccoli florets) in this dish.

Sweet & Spicy Chicken Noodle Bowl

This bowl was inspired by Julien's love for all things spicy—face-sweating, eyes-tearing spicy. You know, the kind of spice you can smell and stay far away from? Well, I've balanced this bowl with a little bit of my own sweetness (cue the eye roll) so it is pleasing to all palates. Whether you like things sweet, spicy, or somewhere in the middle, you won't be disappointed.

1. In a large pot over high heat, bring the water to a boil. Add the soba noodles and stir to ensure all of the noodles are submerged. Let the water return to a boil and then reduce the heat to a simmer. Let the noodles cook for 5 to 8 minutes, until cooked through but firm. Remove the noodles and place them into a bowl of cold water. Once the noodles have cooled, drain.
2. While the noodles are cooking, heat 2 teaspoons of sesame oil in a large skillet over medium heat. Add the ginger and garlic, and sauté until fragrant, about 1 minute.
3. Add the chicken to the skillet and season with the salt and pepper. Stir continuously until evenly cooked throughout.
4. Add the snow peas, carrots, and green onions to the pan. Sauté for another 5 to 8 minutes, until the vegetables are tender.
5. Add the tamari, maple syrup, and Sriracha to the pan and toss together.
6. Divide the noodles between 2 bowls and top with the chicken and vegetables.

COOKING TIP: I often like to pick up a rotisserie chicken from my local market. It's a perfect quick dinner for days when I'm constantly on the go—and you can use the leftovers for just about anything. Simply add the chicken to the rest of the vegetables to speed up the meal.

Serves 2

PREP: 20 MINUTES

COOK: 20 MINUTES

GF

NF

DF

1 quart water

1 cup soba noodles

3 teaspoons sesame oil, divided

½ teaspoon freshly grated ginger

1 garlic clove, minced

Sea salt

Freshly ground black pepper

½ pound chicken breast, diced

½ cup snow peas

2 carrots, sliced

2 green onions, roughly chopped

2 tablespoons tamari

2 teaspoons organic maple syrup

¼ teaspoon Sriracha chili sauce

Salmon Sushi Noodle Bowl

Serves 2

PREP: 10 MINUTES

CHILL: 20 TO 25 MINUTES

COOK: 10 MINUTES

GF

NF

DF

1 quart water

1 cup brown rice noodles

Tahini-Ginger Dressing (page 143)

1 sheet dried seaweed (nori), diced

1 cucumber, julienned

1 carrot, peeled

1 red bell pepper, thinly sliced

8 ounces sashimi-grade salmon, sliced

½ avocado, sliced

1 tablespoon black sesame seeds

My family is full of adventurous eaters and from a young age, my mom taught us to always try new things. Admittedly I was probably the pickiest of my siblings, but my brother was always seeking out the most unique, and expensive, things on the menu. In fact, while I was just starting to dabble in chicken teriyaki, he was ordering sushi and sashimi like a pro. This Salmon Sushi Noodle Bowl was inspired by my brother and his adventurous palate.

1. In a large pot over high heat, bring the water to a boil. Add the brown rice noodles and stir, leaving the heat on high and the pot uncovered, cooking for 10 minutes. Drain the noodles and refrigerate them for at least 20 to 25 minutes.
2. Once the noodles have cooled, drizzle them with the Tahini-Ginger Dressing, and divide them between 2 bowls.
3. Divide the dried seaweed, cucumber, carrot, red bell pepper, salmon, and avocado evenly between the bowls. Top each with the black sesame seeds.

SUPER BOWL: Pomegranate seeds are bursting with antioxidants and anti-inflammatory properties. Toss them on top of this noodle bowl for an extra burst of flavor!

Poke Noodle Bowl

This bowl sounds fancy, but the truth is it is super simple to make, taking only a few minutes to prepare. This Hawaiian classic is often enjoyed beach-side in a plastic cup, but these days poke can be found in trendy eateries across the country. Poke traditionally refers to chunks of tuna marinated in soy sauce and sesame. My version uses tamari in place of soy sauce and is served on a bed of tasty rice noodles covered in a creamy avocado sauce.

1. In a large pot over high heat, bring the water to a boil. Add the brown rice noodles and stir, leaving the heat on high and the pot uncovered, cooking for 10 minutes. Drain the noodles and refrigerate them for at least 20 to 25 minutes.
2. Once the noodles begin cooking, cut the ahi tuna steak into 1-inch-square pieces. Place them in a large bowl and add the sesame seeds, sesame oil, tamari, rice vinegar, and scallions, and gently stir to combine. Let the tuna marinate for at least at least 20 to 25 minutes.
3. In a large bowl, add the avocados, jalapeño, and lime juice. Use a handheld mixer on low speed to whisk until creamy, scraping down the sides of the bowl if needed.
4. Add the avocado sauce and cucumber to the chilled noodles, and stir to combine.
5. Divide the noodles among 4 bowls. Use a slotted spoon to top each bowl with the diced tuna.

SUPERB SWAP: Although you may not be able to enjoy your Poke Noodle Bowl right on the beach, the best poke comes from the freshest fish. If you don't have fresh tuna nearby, try another sushi-grade saltwater fish or octopus. Vegetarian? Try swapping cubed avocado for the tuna.

Serves 4

PREP: 10 MINUTES
CHILL: 20 TO 25 MINUTES
COOK: 10 MINUTES

GF

NF

DF

1 quart water

1 cup brown rice noodles

1 pound sashimi-grade ahi tuna steak

3 teaspoons toasted sesame seeds

3 teaspoons sesame oil

1/3 cup tamari

1 1/2 teaspoons rice vinegar

1/4 cup diced scallions

1 1/2 avocados

1 large jalapeño, seeded and diced

3 tablespoons freshly
squeezed lime juice

1 large seedless cucumber,
peeled and diced



DESSERT BOWLS

Chapter Eight

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Dark Chocolate Strawberry Bowl 134

Peanut Butter Cup Pudding Bowl 135

Grilled Stone Fruit and Coconut Cream Bowl 136

Berry Cherry Dessert Bowl 137

Build a Dessert Bowl

1

CHOOSE A BASE (1 CUP)

Avocado mousse
Banana ice cream
Chia seed pudding
Coconut cream
Greek yogurt

2

ADD SOME FRUIT (HALF CUP)

Bananas
Blackberries
Blueberries
Kiwi
Mango
Peaches
Plums
Pineapple
Raspberries
Strawberries

3

SWEETEN IT UP (OPTIONAL)

Bee pollen
Honey
Maple syrup
Medjool dates, pitted
Nut butter

4

TOP IT OFF (OPTIONAL)

Almonds
Cacao
Cashews
Chia seeds
Coconut
Flaxseed
Goji berries
Granola
Hemp seeds
Peanuts
Pecans
Pistachios
Sunflower seeds
Walnuts

Chocolate Nice Cream Bowl

Is there anything more indulgent than a giant ice cream sundae? This bowl of Chocolate Nice Cream is full of chocolaty goodness to soothe even the biggest chocolate cravings. Made from a base of bananas and topped with an abundance of superfoods, you can indulge without the guilt. With a bite of strawberry, you may even think you're eating a banana split.

1. In a blender, combine the frozen bananas, cacao powder, and maple syrup. Blend until thick and smooth, scraping down the sides of the blender if needed.
2. Divide the ice cream between 2 bowls. Top with the coconut, chocolate chips, banana chips, and strawberries. Serve immediately.

SUPERB SWAP: Banana ice cream makes a great base for a variety of dessert bowls. Customize your ice cream flavor by excluding the cacao powder and swapping ½ cup of any frozen fruit for one of the bananas.

Serves 2

PREP: 10 MINUTES

GF

NF

V

P

3 bananas, peeled, sliced, and frozen

2 tablespoons cacao powder

1 tablespoon organic maple syrup

2 tablespoons shredded
coconut, unsweetened

2 tablespoons dark chocolate chips

½ cup dehydrated banana chips

4 fresh strawberries, sliced

Dark Chocolate Strawberry Bowl

Serves 2

PREP: 10 MINUTES

CHILL: 30 MINUTES

GF

V

P

1 avocado, halved and pitted

1/3 cup cacao powder

1/4 cup organic maple syrup

2 tablespoons Almond Milk (page 148)

1 teaspoon pure vanilla extract

1/4 teaspoon sea salt

8 fresh strawberries, chopped

2 tablespoons pistachios, chopped

In my opinion, dessert isn't really dessert unless there is chocolate involved. When we go out to eat, you can bet that I scan the dessert menu for chocolate, while Julien usually opts for the fruit option. This Dark Chocolate Strawberry Bowl combines both of our favorites in delicious chocolate-covered harmony! I like to make this dessert in one big bowl for date night, but the recipe can also be doubled or tripled for a dinner party.

1. In a blender, combine the avocado, cacao powder, maple syrup, almond milk, vanilla, and salt. Blend until thick and smooth, scraping down the sides of the blender if needed.
2. Divide the avocado pudding between 2 bowls. Refrigerate for 30 minutes.
3. Top the chilled bowls with the strawberries and pistachios. Serve immediately.

SUPER BOWL: I believe that chocolate-covered anything is best when it has some crunch. I like to top this bowl with pistachios, but make it your own and pile on your favorite superfoods, like coconut flakes, chia seeds, hemp seeds, or others to add extra crunch and nutrients to your dessert bowl!

Peanut Butter Cup Pudding Bowl

This dessert is made up of two of my all-time favorite things—chocolate and peanut butter. There’s really no better combination of flavors on the planet, am I right? I like to serve this particular dessert bowl using stemless wine glasses as the bowls so you can see all the beautiful layers, but any clear bowl or glass will do. Just remember to choose a dish with a large opening, because you’ll want to lick this one clean.

1. In a medium bowl, combine 2 tablespoons chia seeds, ½ cup almond milk, the cacao powder, 1 tablespoon maple syrup, ½ teaspoon vanilla, and the salt. Mix until well combined.
2. In a small bowl, add the remaining 2 tablespoons chia seeds, the remaining ½ cup almond milk, peanut butter, the remaining 1 tablespoon maple syrup, and the remaining ½ teaspoon vanilla. Mix until well combined.
3. Place both bowls in the refrigerator and chill for at least 3 hours.
4. Divide the peanut butter pudding mixture (from the small bowl) between 2 bowls. Divide the chocolate pudding mixture (from the medium bowl) on top of the peanut butter pudding. Top each bowl with the banana slices, dark chocolate chips, shredded coconut, and a dash cinnamon.

SUPERB SWAP: For a more decadent dessert, swap out the banana slices for homemade coconut whipped cream. The recipe is found in my Grilled Stone Fruit and Coconut Cream Bowl (page 136) recipe.

Serves 2

PREP: 10 MINUTES

CHILL: 3 HOURS

GF

V

4 tablespoons chia seeds, divided

1 cup Almond Milk (page 148), divided

2 tablespoons cacao powder

2 tablespoons organic maple syrup, divided

1 teaspoon pure vanilla extract, divided

¼ teaspoon salt

1 tablespoon natural peanut butter

1 banana, sliced

1 tablespoon dark chocolate chips

1 tablespoon shredded coconut, unsweetened

Dash ground cinnamon

Grilled Stone Fruit and Coconut Cream Bowl

Serves 4

PREP: 10 MINUTES

COOK: 5 MINUTES



1 (13½-ounce) can full-fat coconut milk, chilled

½ teaspoon pure vanilla extract

1 teaspoon raw honey

2 peaches, halved and pitted

2 plums, halved and pitted

2 tablespoons chopped walnuts, toasted

Dash ground cinnamon

In late summer, when most large stone fruits reach their peak, let peaches and plums be the star of your dessert. Grill the fruit to bring out its natural sweet and succulent flavors without turning on the oven. The rich grilled fruit, combined with luscious coconut cream, is the perfect whole food dessert for a hot summer night.

1. Preheat the grill to high.
2. Take the chilled can of coconut milk from the refrigerator; the solids will have risen to the top. Gently turn the can upside down, open it from the bottom, and pour out the liquid.
3. Scoop the hardened coconut cream into a bowl, and use an electric hand mixer to whip it until fluffy and smooth with soft peaks, about 3 minutes. Add the vanilla and honey to the coconut cream, and whip it again until creamy. Set aside.
4. Place a sheet of aluminum foil on the surface of the grill and place the peach and plum halves cut-side down on the foil. Grill them for 4 to 5 minutes, until warmed through and evenly marked.
5. Divide the fruit among 4 bowls and top each bowl with a generous portion of coconut cream. Sprinkle each with the walnuts and cinnamon.

COOKING TIP: Coconut cream makes a delicious base and topping for dessert bowls, so I like to keep a can of full-fat coconut milk in the refrigerator at all times. This way, I always have a can chilled and I can make homemade coconut cream in a snap.

Berry Cherry Dessert Bowl

No matter how you put together this dessert bowl, the combination of fresh berry and cherry jam swirled with coconut cream is a sweet and refreshing way to end your meal. I like to use mini glass bowls so that you can see all of the delicious ingredients swirled together. If you don't have glass bowls, a juice glass works just as well.

1. In a food processor, add the raspberries, cherries, maple syrup, 1 teaspoon vanilla, lemon juice, and salt, and process until smooth. With the food processor running, slowly add the chia seeds and continue processing until fully incorporated, 5 to 10 seconds.
2. Scrape the jam into a glass jar, cover, and chill it in the refrigerator until gelled, 15 to 20 minutes.
3. Take the chilled can of coconut milk from the refrigerator; the solids will have risen to the top. Gently turn the can upside down, open the bottom, and pour out the liquid.
4. Scoop the hardened coconut cream into a bowl, and use an electric hand mixer to whip it until fluffy and smooth with soft peaks, about 3 minutes. Add the remaining ½ teaspoon vanilla and the honey to the coconut cream, and whip it again until creamy.
5. Alternate layers of the coconut cream and the raspberry cherry jam in 4 bowls. Top each with the almonds and coconut flakes.

SUPER BOWL: Pile fresh blueberries on top of this dessert bowl for a patriotic-themed dessert, packed with antioxidants, that is sure to impress all guests.

Serves 4

PREP: 20 MINUTES

CHILL: 20 MINUTES

GF

VEG

P

DF

1 cup fresh raspberries

1 cup cherries, pitted

1 tablespoon organic maple syrup

1 ½ teaspoons pure vanilla extract, divided

1 teaspoon freshly squeezed lemon juice

Pinch sea salt

1 tablespoon chia seeds

1 (13½-ounce) can full-fat coconut milk, chilled

1 teaspoon raw honey

2 tablespoons chopped almonds, toasted

2 tablespoons coconut flakes, unsweetened



BOWL NECESSITIES

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Simple Lemon Dressing

Makes 1 cup

PREP: 10 MINUTES



4 tablespoons freshly
squeezed lemon juice
2 tablespoons Dijon mustard
2 teaspoons minced shallot
2 garlic cloves, minced
½ cup extra-virgin olive oil
Sea salt
Freshly ground black pepper

When you're out to eat, oil and vinegar is an easy choice for a simple, clean salad dressing. However, when we are at home, I like to spice things up a bit. This simple lemon dressing is a staple in our house, but don't let the name fool you. It complements just about every salad bowl combination you can think up, and adds delicate citrus flavor when drizzled over grain bowls.

1. In a medium bowl, whisk the lemon juice, mustard, shallot, and garlic until well combined.
2. Slowly add the olive oil, while continuing to whisk, until the dressing has thickened.
3. Season with salt and pepper. The dressing can be stored in an airtight container in the refrigerator for 4 to 5 days.

TRAVEL TIP: When taking salads on the go, keep this Simple Lemon Dressing separate until you are ready to eat so that your salad stays fresh and crisp.

Jalapeño-Lime Vinaigrette

Making your own vinaigrette is, in fact, quite simple. Mix vinegar and oil, and season with sea salt, herbs, and spices. The herbs, spices, and other additions are entirely up to your own imagination. This citrusy dressing is fresh, bright, and pleasantly spicy, making it a terrific option to kick your everyday greens up a notch. It also works well as a marinade for chicken or beef.

1. In a medium bowl, whisk together the lime juice, olive oil, jalapeño, salt, and pepper.
2. Store the vinaigrette in an airtight container in the refrigerator for 4 to 5 days.

SUPERB SWAP: Try swapping the freshly squeezed lime juice for freshly squeezed orange juice for a different citrus flair in this simple vinaigrette.

Makes 2 cups

PREP: 5 MINUTES

GF

NF

V

P

1 cup freshly squeezed lime juice

½ cup extra-virgin olive oil

1 jalapeño, seeded and minced

1½ teaspoons sea salt

¾ teaspoon freshly ground
black pepper

Avocado-Cilantro Cream

Makes 1 cup

PREP: 5 MINUTES

GF

NF

VEG

½ cup Greek yogurt

1 ripe avocado, pitted and skinned

¼ cup chopped fresh cilantro

Juice of 1 lime

1 jalapeño, chopped and seeded

Sea salt

This sauce is creamy, delicious, and an absolute must for any Mexican-inspired bowl. While the cream sauces you usually find at Mexican restaurants include sour cream as a base, this version swaps in plain Greek yogurt in its place. Whether you are topping a Chicken Burrito Bowl (page 77), Simple Steak Fajita Bowl (page 79), or The Ultimate Taco Salad Bowl (page 85), this sauce is sure to pull your bowl together.

1. In a blender, combine the yogurt, avocado, cilantro, lime juice, and jalapeño. Season with salt. Blend until smooth.
2. Store the cream in an airtight container in the refrigerator for 4 to 5 days.

SUPERB SWAP: For a dairy-free option, swap the Greek yogurt with homemade coconut yogurt.

Tahini-Ginger Dressing

Tahini is one of those “behind the scenes” ingredients that appears in many Mediterranean and Middle Eastern dips, like hummus or baba ghanoush. It doesn’t take a lot to add great depth of flavor to any dish. In this recipe, the sesame seed flavor of tahini combines with a kick of ginger for a versatile dressing that is delicious when drizzled over salad, noodle, and grain bowls.

1. In a blender, combine the tahini, olive oil, water, tamari, lemon juice, red wine vinegar, white wine vinegar, ginger, and garlic. Season with pepper and blend until smooth.
2. Store the dressing in an airtight container in the refrigerator for 4 to 5 days.

TRAVEL TIP: This dressing is the perfect way to finish a variety of salad, grain, and noodle bowls. Make a batch of Tahini-Ginger Dressing and store it in an airtight mason jar in the refrigerator at work so that you can add some excitement to even the simplest of office salads.

Makes 1 cup

PREP: 5 MINUTES

GF

NF

V

P

¼ cup tahini

¼ cup extra-virgin olive oil

¼ cup water

2 tablespoons tamari

1½ tablespoons freshly
squeezed lemon juice

1½ teaspoons red wine vinegar

1½ teaspoons white wine vinegar

2 teaspoons minced fresh ginger

3 garlic cloves, minced

Freshly ground black pepper

Pesto

Makes 2 cups

PREP: 10 MINUTES

COOK: 8 MINUTES

GF

VEG

½ cup pine nuts

3 cups fresh basil, packed

3 garlic cloves, roughly chopped

1 teaspoon sea salt, plus
additional for seasoning

½ cup extra-virgin olive oil

⅓ cup finely grated Parmesan cheese

Freshly ground black pepper

When Julien and I took our first trip to Italy, we visited the Liguria region, the pesto capital of the world. Pesto comes from the Italian word *pestare*, which means “to crush or grind.” Traditionally, a mortar and pestle is used to release the natural oils in herbs, as well as to extract all the aromas and flavors from nuts and spices. During our trip, we ate pesto on everything. And as soon as we got home, I started making my own from scratch.

1. Preheat the oven to 375°F.
2. Line a baking sheet with parchment paper. Place the pine nuts on the baking sheet in a single layer and roast them for 8 minutes. Remove the sheet from the oven and set the nuts aside to cool.
3. In a food processor, combine the pine nuts, basil, garlic, and salt. With the food processor running, slowly add the olive oil until the ingredients are fully combined.
4. Add the Parmesan cheese to the processor and pulse to combine. Season the pesto with more salt and the pepper.
5. Store the pesto in an airtight container in the refrigerator for 4 to 5 days.

SUPERB SWAP: For a new spin on this classic, replace 1 ½ cups basil with baby spinach. And, if you are dairy-free, simply leave out the Parmesan cheese.

Salsa

With fresh ingredients and bold flavors, you'll never go back to store-bought salsa once you taste this homemade alternative. And there's no better way to use the overabundance of summer tomatoes from your garden—or if you got a little carried away at the farmers' market. Use this salsa as a fresh and delicious topping on grain bowls and a dressing alternative on salad bowls.

1. In a large bowl, stir together the tomatoes, onion, and jalapeño.
2. Add the lime juice and olive oil, and stir until the mixture has an even consistency.
3. Top with the cilantro, season with salt, and serve.

SUPERB SWAP: For a tropical twist on this fresh salsa, swap 1 tomato for 1 cup chopped grilled pineapple and add 1 teaspoon freshly grated ginger.

Makes 2 cups

PREP: 10 MINUTES

GF

NF

V

P

3 tomatoes, diced

½ onion, chopped

1 jalapeño, chopped

Juice of 1 lime

1 tablespoon extra-virgin olive oil

Fresh cilantro, chopped

Sea salt

Guacamole

Makes 2 cups

PREP: 15 MINUTES



¼ red onion, finely chopped
½ teaspoon sea salt
Juice of 1 lime
4 avocados, halved and pitted
1 jalapeño, diced
½ tomato, chopped
¼ teaspoon garlic salt
Freshly ground black pepper
Fresh cilantro, chopped, for garnish

Guacamole is so easy to make at home, there is no reason to buy the premade processed version. In fact, guacamole is so simple to put together I make it multiple times a week—not to mention no matter how much I make, it disappears fast—because it makes a tasty addition to salad bowls, grain bowls, and even breakfast bowls.

1. In a large bowl, combine the onion and salt. Add the lime juice and let sit for about 10 minutes.
2. Score the avocados with a knife and scoop the flesh into the bowl. Stir in the jalapeño and tomato. Season with the garlic salt, pepper, and cilantro. Stir until your desired consistency is reached.

TRAVEL TIP: Nobody likes brown guacamole! Whether you are taking your guacamole to go or making a batch for a party, drizzle some extra freshly squeezed lime or lemon juice on top to keep it from oxidizing for as long as possible.

Honey Almond Butter

As a kid I brought a peanut butter and white bread sandwich—no jelly—to school every day. I like to think my palate has refined since, but I’m still head over heels for nut butter. It works great as a topping for smoothie bowls, granola bowls, and dessert bowls alike—or enjoy it straight from the jar! This particular recipe for Honey Almond Butter is a personal staple because of its rich, nutty flavor.

1. In a medium container, cover the almonds with water. Add a dash salt, and let them soak overnight. Drain the almonds well, and place them on a paper towel to dry.
2. Preheat the oven to 350°F.
3. Line a baking sheet with parchment paper, and place the almonds on the sheet in a single layer. Roast them for 5 minutes.
4. In a food processor, grind the almonds until they become a fine powder. Add the coconut oil to the food processor, and continue to grind the nuts for 10 to 15 minutes, stopping to scrape down the sides as needed.
5. Add the honey, and grind for another 10 minutes, stopping to scrape down the sides as needed, until the butter is smooth and creamy.

SUPERB SWAPS: This recipe is a great formula to follow for nut butters of all kinds. Simply swap out the almonds for cashews, hazelnuts, peanuts, pecans, or your other favorites. You can also spice up your nut butters to create flavors of all kinds. Try a mix of walnuts, raisins, maple syrup, and cinnamon to make my favorite oatmeal raisin cookie butter!

Makes 1 cup

SOAK: 12 HOURS

PREP: 5 MINUTES

COOK: 30 MINUTES

GF

VEG

P

DF

2 cups raw almonds

Dash sea salt

2 tablespoons coconut oil

2 tablespoons raw honey

Almond Milk

Makes 3 cups

SOAK: 12 HOURS

PREP: 15 MINUTES



2 cups raw almonds,
presoaked for 12 hours

2½ cups water

4 Medjool dates, pitted

1 whole vanilla bean, chopped, or

1 teaspoon pure vanilla extract

¼ teaspoon ground cinnamon

Pinch sea salt

Homemade nut milk is not only a cinch to make, it is so much better than the store-bought version. I used to prefer to use store-bought milk alternatives, but the truth is there are a ton of additives in those pesky cartons. So I decided to make it myself and guess what? It is so much simpler than you'd imagine. It is rich, creamy, and the perfect addition to your breakfast bowls.

1. Rinse and drain the soaked almonds.
2. Add the almonds, water, dates, and vanilla to a blender. Blend on the highest speed for 60 seconds.
3. Pour the almond mixture into a cheesecloth or nut milk bag over a large bowl. Gently squeeze the bottom to release the milk.
4. Rinse out the blender and then pour the milk back in. Add the cinnamon and a pinch salt. Blend on low to combine and strain the milk through the cheesecloth again.
5. Store in a tightly sealed glass jar in the refrigerator for up to 5 days. Just be sure to give it a good shake before use.

SUPERB SWAP: Now that you know the steps to make homemade nut milk, you can make creamy and delicious dairy-free milk from just about any nut. My favorite versions use cashews and macadamia nuts.

Homemade Granola

Perfectly crisp, crunchy, and sweet, granola is delicious piled atop your favorite breakfast bowl, or simply enjoyed alone as a snack. It may take some time to put together, but homemade granola is the perfect recipe to make ahead of time because it stays fresh for so long. Double the recipe and store in an airtight container at room temperature for up to 3 weeks.

1. Preheat the oven to 300°F.
2. In a large bowl, combine the oats, almonds, cashews, and cinnamon.
3. In a small bowl, combine the honey, coconut oil, and vanilla. Pour this over the oat mixture and toss until evenly coated.
4. Line a large baking sheet with parchment paper. Spread the oat mixture evenly across the baking sheet.
5. Bake the granola for 45 minutes, stirring it every 15 minutes. Allow it to cool completely before serving.

SUPER SWAP: Granola is one of those recipes that is easy to customize once you have the recipe down. Give your granola a superfood boost by swapping some of the nuts for your favorite seeds and superfoods—like chia seeds and hemp seeds—or add some dried berries for a delicious texture combination.

Makes 3 cups

PREP: 5 MINUTES

COOK: 45 MINUTES

GF

VEG

DF

2 cups gluten-free rolled oats

½ cup almonds, sliced

¼ cup cashews, chopped

1 tablespoon ground cinnamon

½ cup raw honey

2 tablespoons coconut oil

1 tablespoon pure vanilla extract



APPENDIX A: The Dirty Dozen & the Clean Fifteen

A nonprofit and environmental watchdog organization called Environmental Working Group (EWG) looks at data supplied by the U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA) about pesticide residues and compiles a list each year of the best and worst pesticide loads found in commercial crops. You can use these lists to decide which fruits and vegetables to buy organic to minimize your exposure to pesticides and which produce is considered safe enough to skip the organics. This does not mean they are pesticide-free, though, so wash these fruits and vegetables thoroughly.

These lists change every year, so make sure you look up the most recent before you fill your shopping cart. You'll find the most recent lists as well as a guide to pesticides in produce at <http://EWG.org/FoodNews>.

The Dirty Dozen

- | | |
|--------------------|------------------------|
| 1. Apples | 9. Spinach |
| 2. Celery | 10. Strawberries |
| 3. Cherries | 11. Sweet bell peppers |
| 4. Cherry tomatoes | 12. Tomatoes |
| 5. Cucumbers | + Hot peppers* |
| 6. Grapes | + Kale/collard greens* |
| 7. Nectarines | |
| 8. Peaches | |

The Clean Fifteen

- | | |
|-------------------|-------------------------|
| 1. Asparagus | 9. Kiwi |
| 2. Avocados | 10. Mangos |
| 3. Cabbage | 11. Onions |
| 4. Cantaloupe | 12. Papayas |
| 5. Cauliflower | 13. Pineapples |
| 6. Eggplant | 14. Sweet corn |
| 7. Grapefruit | 15. Sweet peas (frozen) |
| 8. Honeydew melon | |

**Plus produce contaminated with highly toxic organophosphate insecticides.*

APPENDIX B:

Measurement Conversions

Volume Equivalents (Liquid)

US STANDARD	US STANDARD (OUNCES)	METRIC (APPROXIMATE)
2 tablespoons	1 fl. oz.	30 mL
¼ cup	2 fl. oz.	60 mL
½ cup	4 fl. oz.	120 mL
1 cup	8 fl. oz.	240 mL
1½ cups	12 fl. oz.	355 mL
2 cups or 1 pint	16 fl. oz.	475 mL
4 cups or 1 quart	32 fl. oz.	1 L
1 gallon	128 fl. oz.	4 L

Oven Temperatures

FAHRENHEIT (F)	CELSIUS (C) (APPROXIMATE)
250°F	120°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

Volume Equivalents (Dry)

US STANDARD	METRIC (APPROXIMATE)
⅛ teaspoon	0.5 mL
¼ teaspoon	1 mL
½ teaspoon	2 mL
¾ teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
¼ cup	59 mL
⅓ cup	79 mL
½ cup	118 mL
⅔ cup	156 mL
¾ cup	177 mL
1 cup	235 mL
2 cups or 1 pint	475 mL
3 cups	700 mL
4 cups or 1 quart	1 L
½ gallon	2 L
1 gallon	4 L

Weight Equivalents

US STANDARD	METRIC (APPROXIMATE)
½ ounce	15 g
1 ounce	30 g
2 ounces	60 g
4 ounces	115 g
8 ounces	225 g
12 ounces	340 g
16 ounces or 1 pound	455 g

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