



Let's BOWL



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One of my favorite things to make and eat are bowls! I call it a bowl but you can use any vessel you want. In fact, for convenience I love making several at a time for lunches, or first making for dinner and using leftovers in jars for lunches. Mason jars are a great way to keep ingredients fresh and yummy! Start with the most wet/soggy type food at the bottom, along with the heartier items, and build up. Avoid adding dressing or sauce until day of or time to eat if possible. You can even eat straight out of the jar! Here is a formula of one of my favorite combinations that you can mix and match to create the flavors YOU love!



**Dressing or sauce,
I used good ole balsamic**

**Salt & Pepper
or other spices/herbs**

**Nuts! For protein
& crunch! I like
pistachios**

**Greek olives! Any fatty,
briny, flavorful addition
you want is good!**

**Grain! Add any grain that
appeals to you. I use orzo
or farro for this jar.
Brown rice, quinoa, &
wheat berry also work.**

**This jar had vegan feta.
You can use dairy or non-
dairy cheese, avocado,
egg or beans too!**

**Greens!
I like massaged
kale with olive oil**

**Tomatoes!
Halved or other veg**