

# Build a Better Grain Bowl



To ensure your grain bowl is properly balanced in proteins, carbohydrates and fat, use this as a visual guide to building a better grain bowl.

Aim for approximately:  
**20% whole grains**  
**50% vegetables**  
**20% protein**  
**10% healthy fats**  
**Sprinkle of seasonings**

Below is a list of nutrient dense ingredients from each category. This list is not exhaustive and is meant to serve as recipe inspiration.

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## Pick a Whole Grain

Sorghum  
 Quinoa  
 Wild Rice  
 Brown Rice  
 Barley  
 Amaranth  
 Millet  
 Steel Cut Oats  
 Kamut  
 Farro  
 Teff  
 Spelt Berries  
 Wheat Berries  
 Rye

## Load up with Non-Starchy Vegetables

Kale  
 Spinach  
 Asparagus  
 Carrots  
 Tomatoes  
 Cucumber  
 Peppers  
 Broccoli  
 Sugar Snaps  
 Cauliflower  
 Green Beans  
 Brussels Sprouts  
 Zucchini  
 Squash

## Pair it with a Protein

Chicken  
 Fish  
 Shrimp  
 Eggs  
 Pork  
 Beef  
 Edamame  
 Tofu  
 Tempeh  
 Lentils\*  
 Beans\*

\*also contains carbohydrates

## Add a Healthy Fat

Nuts  
 Seeds  
 Avocado  
 Tahini  
 Hummus  
 Olives  
 Natural Nut or Seed Butter (peanut, almond, cashew, sunflower seed, etc- with no added sugar)

## Spice it Up!

Herbs  
 Spices  
 Cheese  
 Salsa  
 Pesto  
 Capers  
 Fruit  
 Olive Oil-Based  
 Homemade Dressing  
 Lemon, Lime or Orange Juice  
 and/or Zest