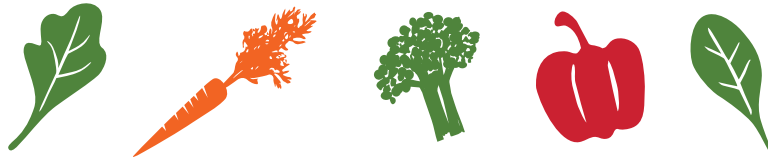


More Plants Please – at home!

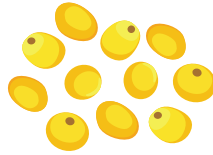
1: Pick your favorite vegetables



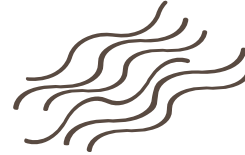
2: Put them over whole grains



brown
rice



whole grain
couscous



whole grain
soba noodles

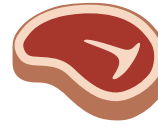
3: Top off with protein



tofu



black beans



beef

Bowls! Bowls! Bowls!

Asian

soba noodles
carrots
celery
onions
broccoli
tofu
soy sauce
rice wine vinegar

Southwest

brown rice
onions
tomatoes
peppers
black beans
cilantro
sour cream
lime juice

Mediterranean

couscous
onions
tomato
cucumber
beef
oregano
greek yogurt
red wine vinegar

