

- 01 *ROTISSERIE BASIL CHICKEN BOWL*
- 02 *BLACK BEAN SWEET POTATO BOWL*
- 03 *VEGETARIAN VEGGIE BOWL*

GROCERY LIST

1 8 OZ. BOX OR BAG OF QUINOA
1/2 DOZEN EGGS
1 ROTISSERIE CHICKEN
1 PINT OF CHERRY TOMATOES
1 CROWN OF BROCCOLI
1 8OZ. BOX OF BABY BELLA MUSHROOMS
BALSAMIC VINEGAR
OLIVE OIL
4 OZ. CONTAINER OF CRUMBLED FETA
1 BUNCH OF FRESH BASIL
1 MEDIUM SWEET POTATO
1 14.5 OZ CAN OF BLACK BEANS
1 SMALL WHITE ONION
1 MEDIUM RED BELL PEPPER
1 JAR OF SALSA
1 TBSP. OF GROUND CUMIN
SALT
PEPPER

OPTIONAL SIDE ITEMS

FRESH FRUIT: APPLES, BANANAS, GRAPES
GREEK YOGURT
WHOLE GRAIN CRACKERS
HUMMUS
STRING CHEESE

ROTISSERIE BASIL CHICKEN BOWL

COOKED QUINOA | 1/2 CUP

ROASTED TOMATOES | 1/4 CUP

ROASTED BROCCOLI FLORETS | 1/4- 1/2 CUP

ROASTED MUSHROOMS SLICED | 1/4 CUP

BALSAMIC VINEGAR | 1 TBSP

PULLED ROTISSERIE CHICKEN | 1/2 CUP

FETA CHEESE | 2 TBSP

CHOPPED BASIL | 2 TBSP.

SALT & PEPPER TO TASTE

01 *Add your 1/2 cup quinoa to the base of your bowl.*

02 *Drizzle quinoa with about 1 teaspoon of balsamic vinegar.*

03 *Top quinoa with roasted tomatoes, broccoli, and roasted mushrooms.*

04 *Sprinkle veggies with about 1/8 teaspoon salt, Add pepper, as desired.*

05 *Drizzle vegetables with another 1 teaspoon of balsamic vinegar.*

06 *Top vegetables with pulled rotisserie chicken.*

07 *Over the chicken sprinkle 2 tablespoons crumbled feta cheese and another 1 teaspoon drizzle of balsamic vinegar.*

08 *Top the bowl off with the fresh basil.*

09 *Serve or pack up for later & enjoy!*

BLACK BEAN SWEET POTATO BOWL

COOKED QUINOA | 1/4 CUP

ROASTED DICED SWEET POTATOES | 1/2 CUP

GROUND CUMIN | 1 TSP

SLICED ROASTED MUSHROOMS | 1/4 CUP

SLICED ROASTED ONION | 1/4 CUP

ROASTED BELL PEPPER | 1/4-1/2 CUP

BLACK BEANS DRAINED | 1/4 CUP

SALSA | 2-3 TBSP

CRUMBLLED FETA CHEESE | 2 TBSP

01 *Add the cooked quinoa to the base of the bowl.*

02 *Top quinoa with the diced roasted sweet potatoes.*

03 *Sprinkle 1/2 teaspoon ground cumin over the sweet potatoes & quinoa.*

04 *Top sweet potatoes with the roasted mushrooms, onions, and bell peppers.*

05 *Sprinkle the remaining 1/2 teaspoon ground cumin over the mixed veggies.*

06 *Top veggies with black beans.*

07 *Spoon 3 tablespoons of salsa over the veggie & black bean bowl.*

08 *Top with crumbled feta.*

09 *Serve or pack up for later & enjoy!*

VEGETARIAN VEGGIE BOWL

COOKED QUINOA | 1/2 CUP

ROASTED TOMATOES | 1/2 CUP

ROASTED BROCCOLI | 1/2 CUP

SLICED ROASTED MUSHROOMS | 1/4 CUP

BALSAMIC VINEGAR | 1 TBSP

HARD BOILED EGGS | 1-2

FRESH BASIL | 1/4 CUP

OLIVE OIL | 2-3 TSP

CRUMBLLED FETA CHEESE | 2 TBSP

SALT & PEPPER TO TASTE

- 01 *Add 1/2 cup quinoa to base of bowl.*
- 02 *Drizzle quinoa with 1 teaspoon balsamic vinegar + 1 teaspoon olive oil.*
- 03 *Top quinoa with roasted tomatoes, broccoli and sliced mushrooms.*
- 04 *Top veggies with another teaspoon balsamic vinegar.*
- 05 *Top quinoa & veggies with sliced egg.*
- 06 *Top bowl with the last teaspoon of balsamic vinegar, the torn fresh basil and the crumbled feta.*
- 07 *Serve or pack up for later & enjoy.*