

The Mitochondria Bowl

My Favorite Super-Easy, Nutrient-Rich Meal

- 2 cups of leafy greens
 - ½ cup whole grains (basmati rice, wild rice, barley, quinoa, or couscous)
 - ½ cup blend of soy beans and black beans
 - 1-2 cups broccoli • Salsa • ½ avocado
 - A pinch of green onion and sunflower seeds
 - Sprinkle with flavors: cilantro, basil, sesame seeds, or lemon juice Use this bowl as inspiration for creating six more similar meals to nourish your week
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- Mix up whole grains by choosing basmati rice, wild rice, barley, quinoa, or couscous.
 - Try garbanzo or kidney beans instead of black beans, with 1 cup of diced sweet potato instead of whole grain.
 - Toss in veggies like cauliflower, bell peppers, pea pods, onions, and green beans. Sun-dried tomatoes with artichokes and capers add a delicious punch of flavor for a creative combo.
 - Mix up the flavor with low-sodium soy sauce, balsamic dressing, or low-sugar marinades. The possibilities are endless!