

# BUILD A HEALTHY *Nourish Bowl*

## 1. BUILD A LEAFY BASE

- ✓ Lettuce (iceberg or cos)
- ✓ Spinach leaves
- ✓ Mixed baby greens
- ✓ Sprouts

## 2. CHOOSE YOUR GRAINS

- ✓ Brown rice
- ✓ Quinoa
- ✓ Couscous

## 3. PICK YOUR PROTEIN

- ✓ Lean ham
- ✓ Grilled/shredded chicken
- ✓ Tinned tuna or salmon
- ✓ Boiled egg
- ✓ Reduced-fat cheese cubes
- ✓ Chickpeas/lentils/beans
- ✓ Marinated tofu cubes

## 4. ADD VEGGIES & FRUIT

These can be raw, roasted or grilled. For extra flavour, try something pickled. Choose a few that you know the school students enjoy or that you have readily available already in your tuckshop/veggie garden.

- ✓ Cucumber sticks
- ✓ Carrot sticks
- ✓ Cherry tomatoes
- ✓ Capsicum sticks
- ✓ Roast pumpkin or sweet potato
- ✓ Sugar snaps/snow peas
- ✓ Corn kernels
- ✓ Shredded cabbage (for crunch)
- ✓ Beetroot (sliced or cubed)
- ✓ Green peas
- ✓ Avocado
- ✓ Pineapple

## 6. GARNISH

Add a sprinkle of:

- ✓ Herbs (parsley or mint)
- ✓ Fresh sprouts
- ✓ Pumpkin seeds or sesame seeds

For added colour:

- ✓ Top with a wedge of lemon or lime

## 5. DRESS IT UP

Dress your bowl with a store-bought dressing if you're short on time, or make your own creations in the tuckshop. Alternatively, keep it simple with:

- ✓ A swirl of mayo/aioli
- ✓ A dollop of hummus, yoghurt, tahini or avocado dip
- ✓ A drizzle olive oil, balsamic vinegar (or lemon juice) and salt and pepper

