

Healthy lunch/dinner

600 CALORIES
42 G CARBS
30 G PROTEIN
36 G FAT

Autumn Harvest Bowl

Fruit :

apple

Vegetable:

brussel sprouts, kale

Protein:

chicken

Whole Grain/Carb:

quinoa, sweet potato
chickpeas



How does this fit on my native plate?

Feel free to replace these with anything you have,
just always make sure you include all 4 food groups!

Healthy
lunch/dinner

Autumn Harvest Bowl



4 servings

Ingredients:

Vegetable:

- **kale or mixed greens, fresh brussel sprouts**

Protein:

- **rotisserie chicken**
- *optional: sunflower/pumpkin seeds*

Grain/Carbohydrates:

- **1 c dried quinoa**
- **1 can of chickpeas**
- **1 medium/large sweet potato**

Fruit

- **Apple**

Other

- **Balsamic Vinaigrette**
(or dressing of choice)
- **seasonings of choice**
- **olive oil**

Directions:

- Heat oven to 425 degrees.
- Peel and dice sweet potatoes. Rinse, drain, and dry with towel chickpeas. Place diced sweet potatoes and chickpeas on cooking tray, drizzle with olive oil and seasoning of choice (cumin, chili powder, italian seasoning, etc). Place in oven for 20-30 minutes or until crisp.
- Cut washed brussel sprouts into fours and place on separate cooking tray with olive oil drizzle and seasoning of choice (steak seasoning, garlic and herb, etc) Place in oven for 10-20 minutes or until crisp.
- Prepare quinoa as directed on packaging, or boil 2 cups of salt free chicken broth, add 1 c quinoa, move to medium heat until quinoa absorbs all the broth, then remove from heat.
- While the rest of the food cooks, break down the rotisserie chicken and set aside. Cut apple into slices or diced.
- prepare mixed greens/kale by rinsing if not pre-washed. Place 4 large bowls/tupperware. Add at least 2 c greens to each. Evenly distribute the chicken, quinoa, brussel sprouts, sweet potatoes, chickpeas, and apple into the 4 bowls. Add 2 Tablespoons of balsamic vinaigrette to each bowl and mix. Top with seeds if desired. Save the 3 bowls for meal prepped bowls or share with your loved ones.

Health Benefits Autumn Harvest Bowl



- Keeps you fuller longer
- fuels your brain
- packed with fiber
- supports your digestion
- lowers your bad cholesterol
- raises your good cholesterol
- good for diabetes management
- protects your heart health
- supports your metabolism
- loaded with antioxidants
- high in vitamin A, B, C

