

# Power Bowl

## DRESSING

Lemon olive oil, Mustard, Vinaigrette, Miso, Peanut, Lemon tahini

## FERMENTED FOODS

Pickled Ginger, Kimchi, Pickled Cucumber, Sauerkraut

## FRUITS AND VEGETABLES

Cucumbers, Tomatoes, Avocados, Carrots, Bell pepper, Broccoli, Potatoes, Sweet potatoes, Celery, Mushrooms, Zucchini, Dikon raddish

## GREENS

Baby Spinach, Romaine Lettuce, Iceberg Lettuce, Arugula, Kale

## HERBS AND SPICES

Cumin, Turmeric, Garlic, Ginger, Dill, Rosemary, Basil

## LEGUMES/PLANT BASED PROTEINS

Lentils, Chickpeas, Black Beans, White Beans, Red Kidney Beans, Tofu, Tempeh

## NUTS AND SEEDS

Roasted Cashews, Almonds, Peanuts, Pistachios, Walnuts, Sesame Seeds, Pumpkin Seeds, Chia Seeds, Flax Seeds

## GRAINS

Brown Rice, Quinoa, Millet, Buckwheat, Freekeh, Barely