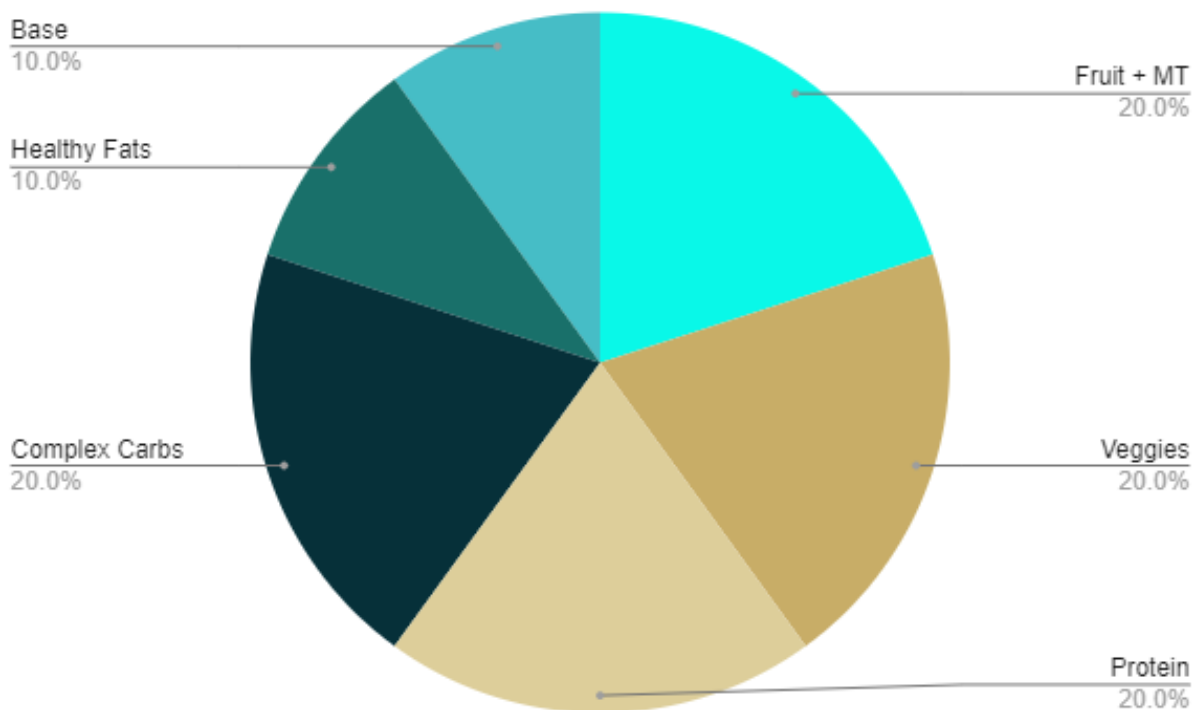


Holobowl



DIRECTIONS

1. Using the table on Page 2 combine the desired ingredients in a bowl.
2. Individual ingredients can be made in advance during weekly meal prep
3. Veggies can be roasted in the oven at 400 F for 20 min with light oil + salt + pepper
4. Assemble the bowl when ready to consume
5. Below chart is a suggestion for proportion for each type of nutrients



NOTES

I learned this recipe inside the Holobody Coaching Certification program by Mindvalley which I completed in November 2021.

Holobowl

Base x 1		Healthy Fats x1		
<ul style="list-style-type: none"> • Leafy Greens • Spinach • Kale • Lettuce 		<ul style="list-style-type: none"> • Avocado • Nuts • Seeds • Olive Oil • Coconut Oil • Tahini 		
Veggies x 3		Complex Carbs x 1		
<ul style="list-style-type: none"> • Broccoli • Cauliflower • Zucchini • Carrots • Tomatoes • Eggplants • Mushrooms 		<ul style="list-style-type: none"> • Sweet potato • Peas • corn • Parsnips • Brown rice • Buckwheat • Millet 		
Protein		Extras		
x 1	x 3	Dressing	Fruit	Microbiome Treat (MT)
<ul style="list-style-type: none"> • Chicken • Fish • Beef • Eggs 	<ul style="list-style-type: none"> • Tofu • Tempeh • Seitan • Legumes • Beans • Quinoa 	<ul style="list-style-type: none"> • Olive oil • Lemon Juice • Balsamic vinegar 	<ul style="list-style-type: none"> • Berries • Mango • Apple • Pineapple • Papaya 	<ul style="list-style-type: none"> • Sauerkraut • Kimchi • Pickles • Apple cider vinegar

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