

# BUILD YOUR OWN BURRITO BOWLS

These customizable bowls are even better than takeout!

## STEP 1: Pick a base.

TIP: Use leftover rice or quinoa you have on hand, or prepare a quick-cooking option.

- [Brown rice](#)
- [Cauliflower rice](#)
- [Quinoa](#)

## STEP 2: Pick a protein.

TIP: Use leftover protein from last night's dinner, or a rotisserie chicken from the deli.

- Black beans
- Grilled tofu
- Ground beef
- Shredded chicken



Image Source: [EatingWell.com](http://EatingWell.com)

## STEP 3: Pick three veggies.

TIP: Wash and chop your veggies ahead of time, or use pre-cut options from the store.

- Chopped bell peppers
- Corn niblets
- Diced tomatoes
- Sautéed mushrooms
- Shredded cabbage
- Shredded lettuce
- Sliced radishes

## STEP 4: Add toppings.

TIP: Toppings are a good way to add extra flavor and healthy fats to your bowl.

- Avocado
- Cilantro
- Olives
- Salsa
- Shredded cheese
- Sour cream/Greek yogurt

## STEP 5: Enjoy!

### FEEDING A CROWD?

Make a big batch of one grain choice and one protein choice. Prepare a variety of veggies and toppings so everyone can customize their own bowl.

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