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Power Bowls: Easy & nutritious all-in-one meals

By

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Learn the formula to making a delicious and nutritious power bowl!

Food trends come and go, but the one trend that has been gaining so much momentum is The Bowl. Whether you call it a Buddha bowl, grain bowl, macro bowl, nourish bowl or power bowl, they all have one thing in common: a flavorful, healthy, all-in-one meal that is easy to put together with endless flavor combinations. [Amber Cardosi](#) created a recipe for a [Greek Chicken Bowl](#) that is full of flavor and is perfect for weekly meal prepping!

There's a lot to love about power bowls. They are delicious, nutritious, easy to make and full of lots of health benefits. They can be easily made ahead of time so that you can pack them up for a nutrient dense lunch or leave them in the fridge for a ready-to-eat dinner at the end of a busy day.

Power bowls are heartier than a salad, but more substantial than a soup. When it comes to power bowl recipes, they are easy to customize. But you don't need a recipe to build a good power bowl! All you need to do is follow a formula to build your own nutritious power bowl. When built in a nutritious way that balances key nutrients (protein, healthy fats and fiber), these bowls will leave you feeling satisfied and energized.



Start with your base

This will be the bulk of your bowl and don't feel like you have to choose just one! Whole grains are a great way to get fiber and, in some cases, like with quinoa — extra protein, into your meal. Some great grains to consider are amaranth, millet, quinoa, bulger, buckwheat, and rice, but you can really choose whatever grain you prefer.

If you're watching your carbs, you can opt for a lower carb option for a base, like riced cauliflower or broccoli, zucchini noodles, spaghetti squash or a bed of greens like spinach or baby kale.

Pick a protein

Not only is protein the building blocks for muscles, it's also the key ingredient that is going to meet your hunger needs and keep you feeling fuller longer. Any protein will do! Grilled or roasted chicken, tofu, lentils, beef, pork, salmon, tuna, hemp seeds — the list could go on and on. You are not limited to one protein either! If you want to add chicken to your bowl and sprinkle it with hemp seeds for some extra protein and omega-3s and 6s, more power to you!

Load it up with veggies

This is where things start to get exciting! The variety of vegetables that you can add to your power bowl are endless. Most people think about veggies with seasonality in mind, but with Pure Flavor vegetables, there's no need. Their greenhouse grown veggies, including their colorful [Sangria Medley](#) [Tomatoes](#), are available year-round with all the amazing flavor and health benefits that go with them.

There are many ways to prepare the veggies you have selected: cooked, raw or roasted. You can even use a combination of different veggies, prepared in various methods, that will complement each other in flavor and texture.



Healthy fats

Essential fats are an important part of healthy eating. They give your body energy it needs to work properly, plus help with vitamin absorption and keeping your skin and hair healthy. Choosing healthy fat sources like avocados, nuts, seeds or olive oil can go a long way in helping to satisfy your nutritional needs.

Extra! Extra! Party in your power bowl!

The extra things that you can add to your power bowl are what transforms it from being fuel for your body to a party in a bowl that you look forward to eating! Extras can be anything like small amounts of cheese, fresh herbs, fresh squeezed citrus, sprouts, seasonings or sauces.

Maybe you are one of those people who needs a go-to recipe to help get your power bowl experience

going? Not to worry! We are here for that.

Amber's recipe is simple and packed full of flavor. Her bowl's base is a spanakorizo — which is a traditional Greek preparation for rice that features a ton of spinach and fresh herbs. Her protein is a marinated chicken with flavors like dill, garlic, and lemon that complement this bowl perfectly. She loads the bowl with Sangria® Medley Tomatoes, artichokes, and olives, then tops it off with some feta cheese, fresh dill, and scallions.

For Amber's full Greek Chicken Bowl recipe, [click here](#).

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