

Power Protein Lunch Bowl: 3 Ways

Base for All: 2 cups mixed greens (kale, spinach, arugula) + ½ cup chopped cucumbers & bell peppers + 1 tbsp olive oil.

Pro-tip: *Make this for dinner and use the leftovers for lunch the next day.*

1 Vegan Power Bowl

Protein Source: Tempeh & Hemp Seeds

- ◆ 5 oz tempeh, cubed
- ◆ 1 tbsp hemp seeds
- ◆ 2 tbsp hummus (adds extra protein & creaminess)
- ◆ ¼ avocado (healthy fats)
- ◆ 1 tbsp lemon juice & tahini for dressing

Instructions:

1. Pan-fry tempeh in olive oil until golden brown.
2. Toss mixed greens, cucumbers, and bell peppers.
3. Top with tempeh, hemp seeds, hummus, and avocado.
4. Drizzle with tahini & lemon juice.

 **30g protein | High fiber | Low carb**

2 Vegetarian Power Bowl

Protein Source: Eggs & Cottage Cheese

- ◆ 2 hard-boiled eggs
- ◆ ½ cup cottage cheese (full-fat or low-fat)
- ◆ 1 tbsp sunflower seeds (extra crunch & healthy fats)
- ◆ ¼ avocado
- ◆ 1 tbsp balsamic vinegar & olive oil for dressing

Instructions:

1. Toss mixed greens, cucumbers, and bell peppers.
2. Slice hard-boiled eggs and place on top.
3. Add cottage cheese, sunflower seeds, and avocado.
4. Drizzle with balsamic vinegar & olive oil.

 **30g protein | High fiber | Low carb**

3 Carnivore Power Bowl

Protein Source: Grilled Chicken & Parmesan**

- ◆ 5 oz grilled chicken breast, sliced
- ◆ 2 tbsp shredded parmesan cheese
- ◆ 1 tbsp pumpkin seeds (fiber & crunch)
- ◆ ¼ avocado
- ◆ 1 tbsp olive oil & lemon juice for dressing

👉 Instructions:

1. Toss mixed greens, cucumbers, and bell peppers.
2. Add sliced grilled chicken and parmesan cheese.
3. Top with pumpkin seeds and avocado.
4. Drizzle with olive oil & lemon juice.

✅ **30g protein | High fiber | Low carb**

🔥 Why This Works?

- ✓ **High-protein:** 30g in every bowl
- ✓ **High-fiber:** From greens, seeds, and veggies
- ✓ **Low-carb:** No grains, gluten, or processed ingredients
- ✓ **Quick & Simple:** Ready in under **15 minutes**

Which one will you try first? Let me know! 😊💪