

Eat Well. Heal Well.

Your practical guide to fueling your
body before and after surgery.



AMELIA[®]
health



Surgery asks a lot of your body.

In the days and weeks leading up to your procedure, one of the most helpful things you can do is consistently give your body the building blocks it needs to prepare, heal, and recover.

This guide isn't a diet, a detox, or a list of foods you have to eat perfectly. It's a practical resource designed to make nourishing yourself before and after surgery feel easier and less confusing

Our focus is simple: **whole foods, plenty of protein, healthy fats, easy hydration, and friendly fiber to support your gut**

Nourishing yourself can look different for everyone. Use the ideas in this guide as a flexible starting point, choosing and adapting the foods that work best for you.

What Are We Building With Food?

Think of the weeks before surgery as an opportunity to fill your nutritional toolbox. Going into surgery well fed, even if it means gaining a few pounds, sets you up to recover strong. We can't pull from something that isn't there. Going into surgery in a calorie deficit leaves your muscles and bones as the piggy bank from which your body makes withdrawals to heal.



Protein supports repair and protects muscle.

Your body uses amino acids from dietary protein to maintain lean tissue and support the many processes involved in recovery. Rather than saving protein for dinner, try to include a meaningful protein source throughout your day. We know it's hard to eat big meals in the days following surgery. Smaller meals and snacks that prioritize this vital nutrient will have you hitting your protein goals without stress.



Plants bring more than fiber.

Fruits, vegetables, herbs, legumes, nuts, seeds, and whole grains provide vitamins, minerals, fiber, and phytonutrients. Eating a variety of colors is an easy way to increase dietary diversity while giving your gut the fiber it needs to prevent post op bloat and constipation.



Healthy fats belong on the plate.

Foods such as extra-virgin olive oil, avocado, nuts, seeds, and fatty fish provide essential fatty acids and help create satisfying, nutrient-dense meals. These fats will help meet the increased energy needs of your healing body, support your hormones and sleep, and help ensure you're absorbing the vitamins you need to heal well.



Hydration is part of nutrition.

Water supports circulation, digestion, and normal body function. As you heal, you need more of it than you think! We'll also show you a few ways to "stack" hydration with additional nutrition to keep it fun and make it easy to stay hydrated.

A note before you begin: Your surgical team's preoperative and postoperative instructions always take priority over this guide. Follow your surgical team's instructions regarding fasting, medications, supplements, hydration, and when to stop or restart specific products. If you have a medical condition requiring dietary restrictions, follow the recommendations of your healthcare provider, always.

Happy Healing!

Making Your Water Work a Little Harder

Hydration is an important part of preparing for surgery and supporting your body during recovery. Water should still be your foundation, but some of the fluids you drink throughout the day can do double duty.

Think of these as **stacked sips**: fluids that provide hydration while also offering protein, electrolytes, or other nutrients.

This can be especially helpful during recovery when your appetite may be lower and drinking something feels easier than sitting down to a full meal.

The goal isn't to add everything to every drink. Keep it simple, choose what works for you, and listen to your body.



PROVIDER TIP

A note about collagen: We like collagen because it's an easy, unflavored source of protein that can easily be added into many liquids, not because it's a miracle supplement. If it helps you hit your protein goals, it's a win!

Protein Coffee

Your Morning Coffee, With a Little More to Offer

If coffee is already part of your morning routine, adding protein can be an easy way to start working toward your protein intake earlier in the day. Protein coffee can be served hot or iced, and both whey-based and plant-based proteins can work.

Whey Protein Coffee

You'll need:

- 8–12 oz brewed coffee
- ½–1 serving whey protein powder or premixed protein shake
- Milk of choice, as desired
- Cinnamon, optional

For iced: Allow the coffee to cool slightly. Mix the protein powder with a small amount of milk or cool water until smooth, then combine with coffee and pour over ice.

For hot: Protein powder can clump when added directly to very hot liquid. Mix your protein powder separately with a small amount of cool or warm milk or water until smooth. Slowly stir it into your coffee.

PROVIDER TIP

We love the Fairlife Nutrition Plan protein shakes! They are delicious, ready-made, and each bottle has 30 grams of protein! Add half to your morning coffee for an easy protein cafe mocha and sip the rest with your mid-morning snack. Easy!

Vegan Protein Coffee

You'll need:

- 8–12 oz brewed coffee
- ½–1 serving plant-based protein powder
- Unsweetened soy or other plant milk
- Cinnamon, optional

Soy, pea, or blended plant proteins can all work. Different powders behave differently in hot beverages, so blending the protein with your plant milk first usually creates a smoother drink.

Want more protein? Unsweetened soy milk generally provides more protein than many other plant-based milks and can be an easy addition for plant-based patients.

Stacked Waters

Start With Water. Add a Little More.

A stacked water is simply water with **purposeful additions**.

You don't need a complicated supplement routine, and you definitely don't need to put protein, collagen, creatine, and electrolytes into the same giant bottle (unless that's your thing!).

Instead, think: **How can I make this water work a little harder for me?**

Stacked Watermelon Lime Recovery Water

You'll need:

- Cold water
- Ice
- Watermelon-flavored hydration packet (we like LMNT, Instant Hydration, or Liquid IV!)
- A squeeze of fresh lime
- 1 scoop of unflavored clear protein or 2 scoops of unflavored collagen

Mix your clear protein or collagen and water first. Pour over ice and finish with a lime squeeze

Cherry Limeade Protein Cooler

You'll need:

- Cold water
- Ice
- 1 scoop of Unflavored clear protein or 2 scoops of unflavored collagen
- Cherry Limeade Instant Hydration packet
- A squeeze of fresh lime

Mix your clear protein and water first. Pour over ice and finish with a lime squeeze

Stacked Strawberry Acai Recovery Refresher

You'll need:

- Cold water
- Ice
- 1-2 Scoops of Javvy Strawberry Acai clear protein
- Freeze-dried strawberries

Mix your clear protein or with water first, then add freeze-dried strawberries. Pour over ice to finish.



Cucumber Lime Electrolyte Spa Water

You'll need:

- Cold water
- Ice
- Lime or citrus electrolyte powder
- Thinly sliced cucumber

Combine everything in a large glass and let it sit for a few minutes before drinking. This one is especially good when you want something crisp rather than sweet.

Make-Ahead Sipping Bone Broth

A warm mug of homemade bone broth is an easy option to have waiting in the freezer for recovery days. Making it yourself also gives you control over the ingredients and sodium, without relying on boxed broth, bouillon, or canned soups, all loaded with sodium

It's warm, hydrating, easy to sip, and provides protein along with collagen-derived amino acids such as glycine and proline. Your body can use these nutrients as part of its normal tissue maintenance and repair processes.

It's especially helpful on days when your appetite is lower and a full meal doesn't sound appealing. And as your appetite returns, that same cup of broth can be the base of a more complete meal by adding shredded chicken, egg, tofu, rice, quinoa, or soft-cooked vegetables.

Make a batch before surgery, freeze it in individual portions, and you'll have something warm and savory ready whenever you want it.

You'll need:

- 3–4 pounds chicken bones, wings, necks, backs, or a combination
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 large onion, quartered
- 4 garlic cloves, lightly crushed
- 1 small bunch fresh parsley
- 2 sprigs fresh thyme
- 1–2 bay leaves
- 1 teaspoon whole black peppercorns
- 1 tablespoon apple cider vinegar
- Water

PROVIDER TIP

Skip the salt while cooking. Fresh herbs, aromatics, ginger, and pepper build flavor without making the broth unnecessarily salty. If desired, season your individual serving when you reheat.



Stovetop Method

Build Your Pot

Place the bones in a large stockpot and add the carrots, celery, onion, garlic, ginger, parsley, thyme, bay leaves, peppercorns, and apple cider vinegar.

Add enough cold water to generously cover the ingredients.

Bring it Up Slowly

Bring the pot just to a boil, then immediately reduce the heat.

You want a very gentle simmer, not a rolling boil.

If foam collects on the surface during the beginning of cooking, skim it away with a spoon.

Low + Slow

Partially cover and gently simmer for approximately 6–8 hours.

Check the pot periodically and add additional water if necessary to keep the bones submerged.

Strain

Remove the large solids and carefully strain the broth through a fine-mesh strainer.

Discard the bones, vegetables, and herbs.

Cool It Down

Cool the broth promptly and transfer it to the refrigerator.

Instant Pot Method

Load it Up

Place the bones, carrots, celery, onion, garlic, ginger, parsley, thyme, bay leaves, peppercorns, and apple cider vinegar into the Instant Pot.

Add enough water to cover the ingredients, being careful not to exceed your Instant Pot's maximum fill line.

Pressure Cook

Secure the lid and cook on High Pressure for 120 minutes.

When cooking is complete, allow the pressure to release naturally for at least 20–30 minutes before carefully releasing any remaining pressure according to your appliance instructions.

Strain

Carefully pour the broth through a fine-mesh strainer into a clean container.

Discard the bones, vegetables, and herbs.

Cool It Down

Cool the broth promptly before transferring it to the refrigerator.

Be Intentional About Breakfast

Breakfast doesn't need to involve a frying pan, a pile of dishes, or a complicated recipe.

A little prep can turn your refrigerator into a breakfast bar, giving you easy options you can **grab, assemble, blend, or reheat in just a few minutes.**

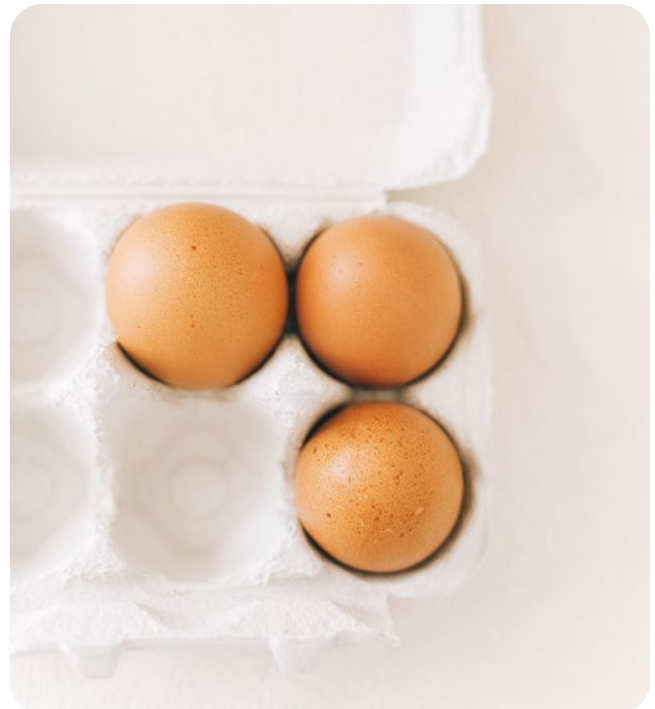
Our goal is to build breakfast around four things:

Protein + **Plants** + **Energy** + **Healthy Fat**

You don't need all four in perfect amounts every morning. Instead, use this as a simple framework for building a breakfast that helps you start the day nourished and makes getting enough protein easier.

Ready, Get Prepped, GO!

Stock your fridge with your favorite washed berries, boil some eggs or prep your tofu scramble, and throw a few avocados in your produce drawer to keep them from getting ripe too quickly on your counter. You just turned your fridge into a breakfast drive-through that you can feel good about!



Easy Avocado Toast

You'll need:

- 1–2 slices whole-grain or sourdough toast
- ½ avocado
- Fresh lemon
- Cracked black pepper
- Hemp hearts or pumpkin seeds
- Handful of arugula or microgreens

Add Your Protein

Omnivore: Top with 1–2 pre-cooked sliced or mashed hard-boiled or soft-boiled eggs.

Plant-Based: Top with pre-cooked tofu scramble or a scoop of cooked edamame.

Assemble

Mash the avocado onto your toast and add a squeeze of lemon. Top with your protein, greens, seeds, and cracked pepper. Everything But The Bagel Seasoning is optional but almost always a good idea.



Tofu Scramble Bowl

Make your tofu scramble ahead of time, and you've got a savory, protein-forward breakfast waiting in the refrigerator.

Prep Your Tofu Scramble

- Extra-firm tofu, crumbled
- Extra-virgin olive oil
- Spinach
- Bell pepper
- Mushrooms
- Garlic
- Turmeric
- Black pepper

Sauté in olive oil until all veggies are soft; finish with spices to taste. Refrigerate and reheat a portion when you're ready to eat.

Build Your Bowl

Add:

- Tofu scramble
- Sliced Avocado
- Arugula or spinach
- Fresh sliced tomato
- Hemp hearts
- Fresh herbs

Finish with fresh lemon or lime.

Easy Protein Oats Bowl

You'll need:

- ½ cup old-fashioned oats
- Milk of choice
- Toppings of choice

Add Your Protein

Omnivore: Mix in Greek yogurt for creamy oats or your favorite whey protein.

Plant-Based: Use unsweetened soy milk and mix in soy, pea, or a blended plant protein.

Stack Your Bowl

Finish with your choice of:

- Blueberries
- Strawberries
- Raspberries
- Sliced Banana
- Sliced Apple
- Walnuts
- Almonds
- Pumpkin seeds
- Hemp hearts
- Chia or ground flax
- Natural nut butter
- Cinnamon
- Dark Chocolate Chips



PROVIDER TIP

Try these legendary topping combos:

- Banana, Peanut Butter & Dark Chocolate Chips
- Sliced Apples, Walnuts, & Cinnamon
- Blueberries, Almond Butter, & Hemp Hearts
- Raspberries, Almonds, & Dark Chocolate Chips



Savory Plant-Based Breakfast Plate

Build Your Plate With:

- Vegan breakfast sausage or tofu scramble
- Sliced Avocado
- Cucumber Slices
- Cherry tomatoes
- Pre-cooked edamame with flaky salt
- Whole-grain or sourdough toast
- Fresh berries

Finish with lemon, fresh herbs, or cracked pepper.

PROVIDER TIP

Plant-based doesn't automatically mean minimally processed. When choosing a vegan sausage, compare labels and look for an option with meaningful protein that isn't excessively high in sodium.

Savory Breakfast Plate

Build Your Plate With:

- Chicken or turkey sausage
- Pre-cooked hard- or soft-boiled egg
- Avocado slices
- Cucumber slices
- Cherry tomatoes
- Cottage Cheese
- Fresh Berries
- Whole-grain or sourdough toast with grass-fed butter

Finish with fresh herbs, lemon, or cracked pepper...btw hot honey is a super fun topper to your cottage cheese!

Prep ahead: Cook your sausage and eggs ahead of time so the entire plate can be assembled cold or quickly reheated.

Let's Make Lunch

Prep a Little. Mix + Match a Lot.

Lunch is where a little preparation can give you **a lot of flexibility**.

Instead of prepping five identical meals for the week, focus on having a handful of ingredients ready to grab, heat, and assemble. Think shredded rotisserie chicken, cooked or microwaveable rice and quinoa, washed greens, chopped vegetables, hummus, beans, hard-boiled eggs, fresh fruit, and a few easy sauces or dressings.

We're not prepping meals. We're prepping options.

Bowls and snack plates are especially helpful because you can use the same ingredients in completely different ways. Today's rotisserie chicken might go into a Mediterranean quinoa bowl, tomorrow's savory snack plate, and the next day's quick chicken soup.

The same goes for plant-based ingredients. Chickpeas can become part of a crunchy salad, a grain bowl, or a veggie wrap. Falafel can go into a Mediterranean bowl one day and onto a savory snack plate the next.

Use a simple formula:



Keep a few options from each category on hand and mix + match based on what sounds good.



PICK WHAT YOU LIKE AND KEEP A FEW OF THESE AROUND:

Freezer

Plain microwave rice or quinoa

Falafel

Edamame

Plain frozen vegetables

Plant-based protein options

Bone broth (canned bone broth is ok, too!)

Refrigerator

Rotisserie chicken

Hummus

Greek or soy yogurt

Pre-washed greens (be realistic and get what you like, romaine, arugula, spring mix, etc.)

Cut vegetables (think toppings you enjoy: cucumber, tomato, onion, shredded carrots)

Avocado

Hard-boiled eggs

Pantry

Canned chickpeas

Canned black or white beans

Tuna

Whole-grain wraps

Rice cakes

Whole-grain crackers

Orzo or any soup noodle

Nuts and seeds

Rotisserie Chicken Power Bowl

This is the ultimate “I don’t have time to cook” lunch.

Assemble + Heat

- Frozen microwave brown rice or quinoa
- Shredded rotisserie chicken
- Fresh spinach or arugula
- Cucumber, Cherry tomatoes, or any of your favorite chopped veg
- Avocado

Finish With:

- Extra-virgin olive oil
- Fresh lemon
- Fresh herbs
- Cracked black pepper
- Your favorite dressing

Heat the rice or quinoa and chicken, then pile everything into a bowl.

Switch it Up

Mediterranean: Chicken + quinoa + cucumber + tomato + arugula + hummus + lemon

Southwest: Chicken + brown rice + black beans + avocado + tomato + cilantro + lime

Green Goddess-ish: Chicken + quinoa + greens + cucumber + avocado + fresh herbs + lemon

Tuna + Avocado Open-Faced Toast

5 MINUTES • NO COOK

Mix Together

- Tuna
- Mashed avocado OR mayo if you prefer!
- Fresh lemon
- Chopped celery
- Fresh herbs
- Cracked black pepper

Pile onto:

Whole-grain or sourdough toast

Then add:

- Arugula
- Sliced tomato
- Cucumber

Serve open-faced with fresh fruit or vegetables on the side.

Make it Crunchy

Skip the bread and spoon your tuna mixture onto rice cakes or eat it with crackers from the bowl

Top with cucumber, tomato, microgreens, or avocado.

Shortcut Chicken + Orzo Soup

This is where that homemade bone broth you put in the freezer gets to shine, but canned is fine, too!

Add to a Pot

- Homemade or canned bone broth
- Shredded rotisserie chicken
- Orzo or favorite soup noodle
- Chopped carrots and celery
- Fresh spinach
- Fresh lemon
- Parsley
- Black pepper
- Feta cheese if you're feeling fancy

Bring your broth to a simmer and cook the orzo and vegetables until tender.

Add the chicken and spinach toward the end, just long enough to warm through.

Finish with lemon and parsley.



Savory Lunch Snack Plate

Pick Your Protein

- Rotisserie chicken
- Hard-boiled eggs
- Tuna
- Sliced deli meat
- Plain Greek yogurt, cottage cheese, or your favorite dip
- Parmesan or Cheddar Cheese

Add Your Crunch

- Cucumber
- Bell pepper
- Carrots
- Cucumbers
- Celery
- Cherry tomatoes
- Snap peas
- Pickles
- Olives
- Sauerkraut

Add Some Energy

- Whole-grain crackers
- Rice cakes
- Fresh fruit
- Whole-grain or sourdough toast

Add a Healthy Fat

- Avocado
- Hummus
- Unsalted nuts
- Pumpkin seeds
- Olive-oil-based dip

Put it on a plate, lunch is done!

No-Cook White Bean + Avocado Salad

Combine

- Canned white beans, drained and rinsed
- Avocado
- Cucumber
- Cherry tomatoes
- Arugula
- Extra-virgin olive oil
- Cracked black pepper

Serve over greens, spoon onto whole-grain toast, or eat alongside a whole-grain pita.

Falafel Power Bowl

Build Your Bowl

- Heated frozen falafel
- Microwave quinoa or brown rice
- Greens
- Cucumber
- Tomato
- Shredded carrots
- Hummus
- Fresh parsley
- Lemon
- Add tahini if desired!

Turkey + Avocado Roll-Ups

Assemble

Lay out slices of turkey or chicken and fill with:

- Avocado
- Cucumber
- Spinach, arugula, or romaine
- Bell pepper strips

Roll them up and serve alongside:

- Fresh berries or apple
- Whole-grain crackers or a rice cake
- Hummus
- Fresh vegetables

You can also spread a thin layer of hummus inside before rolling.

Rotisserie Chicken Hummus Wrap

Assemble

Spread hummus over a whole-grain wrap.

Add:

- Shredded rotisserie chicken
- Spinach or arugula
- Cucumber
- Tomato
- Shredded carrots
- Avocado

Crunchy Hummus Veggie Wrap

Assemble

Spread a whole-grain wrap generously with hummus.

Pile on:

- Spinach
- Cucumber
- Bell pepper
- Tomato
- Avocado
- Sprouts or microgreens

Roll tightly and slice.

Don't Forget the Protein

Hummus alone may not provide enough protein to anchor the meal.

Add:

- Edamame
- Chickpeas
- Baked tofu
- Tempeh
- A higher-protein plant-based meat alternative

Or serve a protein-rich soy yogurt or another plant protein on the side!

Mediterranean Chickpea Crunch Salad

Add to a Bowl

- Canned chickpeas, drained and thoroughly rinsed
- Arugula or mixed greens
- Cucumber
- Cherry tomatoes
- Bell pepper
- Avocado

Dress It Simply

- Extra-virgin olive oil
- Fresh lemon
- Cracked black pepper
- Your favorite dressing

Add quinoa or stuff it into a whole-grain pita if you'd like something more substantial.

More Protein?

Add:

- Edamame
- Hemp hearts
- BBQ baked tofu

Easy, Doable Dinners

The goal here is to make a nourishing, protein-forward dinner feel easy and doable. That might mean tossing everything onto one sheet pan, building a filling bowl from ingredients you've already prepped, or using a few smart shortcuts to assemble dinner in minutes.

One-pan meals make it easy to cook your protein, vegetables, and a satisfying carbohydrate together with less prep and even less cleanup.

Easy-to-assemble meals let you lean on the work you've already done. Pre-cooked proteins, microwaveable rice or quinoa, roasted vegetables, beans, greens, hummus, avocado, and other staples can quickly become a completely different dinner depending on how you put them together.

And don't forget about leftovers. If you're already turning on the oven, make a little extra. Tonight's chicken, salmon, tofu, grains, or roasted vegetables can become tomorrow's bowl, wrap, soup, or lunch plate.

Keep the same simple formula in mind:

Protein + **Plants** + **Energy** + **Healthy Fat** + **Flavor**



Loaded Sweet Potato Dinner

Bake several sweet potatoes ahead of time, and dinner becomes assembly.

Assemble

Split a warm sweet potato and fill with:

- Shredded rotisserie chicken
- Black beans
- Avocado
- Plain Greek yogurt
- Tomato
- Greens
- Cilantro
- Fresh lime
- Sour Cream or Greek Yogurt

Plant-Based Alternative

Fill with:

- Black beans
- Lentils or tofu
- Avocado
- Hummus or tahini
- Tomato
- Greens
- Cilantro
- Fresh lime
- Cashew yogurt

Salmon + Sweet Potato Sheet Pan

You'll Need

- Salmon fillets
- Cubed sweet potato
- Broccoli or green beans
- Extra-virgin olive oil
- Fresh lemon
- Garlic Powder
- Black pepper
- Salt

Give the sweet potatoes a head start in the oven at **425°F** for 30-45 minutes, then add the salmon and vegetables to finish cooking.

Cook salmon to a safe internal temperature of **145°F**.

Finish with lemon and herb seasoning

Make It a Bowl Tomorrow

Flake leftover salmon over microwave quinoa or brown rice with cucumber, greens, and avocado.

Crispy Tofu + Veggie Sheet Pan

Add to Your Pan

- Extra-firm tofu, pressed and cubed
- Sweet potato
- Broccoli
- Bell peppers
- Red onion
- Lightly drizzle with olive oil and season with:
 - Garlic
 - Smoked paprika
 - Black pepper
 - Cumin
 - Salt

Roast at **425°F** until the vegetables are tender and the tofu is golden.

Serve with quinoa or brown rice and finish with tahini and a squeeze of lemon

Teriyaki-ish Salmon Bowl

Use leftover cooked salmon or quickly prepare a salmon fillet in the oven.

Add to Your Bowl

- Brown rice or quinoa
- Salmon
- Edamame
- Cucumber
- Shredded carrots
- Avocado
- Green onion

Drizzle with teriyaki sauce or your favorite dressing

Loaded Falafel Bowl

Heat your frozen falafel and microwave quinoa.

Build Your Bowl

Then add any of the following:

- Greens
- Cucumber
- Tomato
- Shredded carrots
- Hummus
- Avocado
- Fresh parsley
- Fresh lemon

Finish with tahini if desired.

For additional protein, add edamame, chickpeas, or baked tofu.



Lemon Herb Chicken Sheet Pan

Add to Your Pan

- Chicken breast or boneless chicken thighs
- Baby potatoes, halved
- Broccoli, Zucchini, or asparagus
- Red onion

Add Flavor

- Lightly drizzle with extra-virgin olive oil and add:
- Fresh lemon
- Garlic Powder
- Rosemary or thyme
- Black pepper
- Salt

Roast at **425°F** until the chicken reaches a safe internal temperature of **165°F** and the vegetables and potatoes are tender.

Finish with another squeeze of lemon.

Make Tomorrow's Lunch While You're At It

Cook an extra piece or two of chicken.

Tomorrow it can become:

- Chicken + quinoa bowl
- Chicken hummus wrap
- Savory snack plate
- Chicken + orzo soup

Cook once. Use it twice.



Rotisserie Chicken + Veggie Pasta

Cook and Assemble

Cook your favorite whole-grain or higher-protein pasta.

During the last few minutes, add vegetables such as:

- Spinach
- Broccoli
- Peas
- Zucchini

Drain and toss with:

- Shredded rotisserie chicken
- Extra-virgin olive oil
- Fresh lemon
- Garlic
- Black pepper
- Parmesan cheese

Plant-Powered Pasta Bowl

Build Your Bowl

Choose a lentil, chickpea, or other higher-protein pasta.

Toss with:

- Spinach
- Cherry tomatoes
- Zucchini
- White beans or chickpeas
- Extra-virgin olive oil
- Garlic
- Fresh basil
- Lemon
- Black pepper
- Nutritional Yeast

For additional protein, add tofu, tempeh, or a spoonful of hemp hearts.

Mediterranean Chicken Bowl

Add to Your Bowl

- Microwave quinoa
- Rotisserie chicken
- Chickpeas
- Cucumber
- Tomato
- Greens
- Avocado

Finish With

- Hummus
- Lemon
- Extra-virgin olive oil
- Black pepper
- Store-bought tzatziki





Mediterranean Chickpea + Falafel Bowl

Start With

- Quinoa
- Chickpeas
- Falafel
- Greens

Then Pile On

- Cucumber
- Tomato
- Bell pepper
- Avocado
- Fresh parsley

Finish With

- Hummus
- Tahini
- Fresh lemon

Chicken Taco Bowl

This is an easy way to turn rotisserie chicken into dinner.

Build Your Bowl

- Microwave brown rice or quinoa
- Shredded rotisserie chicken
- Canned black beans, drained + rinsed
- Chopped lettuce or greens
- Tomato
- Bell pepper
- Avocado
- Cilantro

Finish with a squeeze of fresh lime.

Optional: add plain Greek yogurt or full-fat sour cream

Plant-Based Swap

Skip the chicken and increase the black beans, then add tofu, edamame, or a thoughtfully selected plant-based meat alternative for additional protein.



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