



Power Bowls

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Power Bowls shows you how to build a one-bowl-wonder meal. From smoothie and oatmeal bowls to burrito bowls to noodle and vegetable bowls, each of the 35 recipes is nutritionally balanced and packed with superfoods. Whether you want to make an energy-boosting breakfast, an on-the-go lunch, or a hearty dinner, you can build a bowl to suit your taste and dietary needs, including a gluten-free and vegan diet. Each bowl is loaded with nutritionally rich vegetables, fruits, seeds, and grains--including kale, pomegranate, chia seeds, and quinoa--and alternative ingredients are recommended as well. While some of the recipes dont require any cooking at all, tips and tricks on what to cook ahead, what to prepare the night before, and how long you can store your leftovers make healthy eating quick and simple even on the busiest of days. Make every meal pack a delicious, nutritious punch with Power Bowls.

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