



BUILD A GRAIN BOWL OR JAR

Step 1- Start with room temperature grains

Rice, cous cous, farro, quinoa, millet, barley, etc.

Step 2- Add vegetables and fruit

Roasted, fresh, grilled, chopped, and/or fermented vegetables and fruit, salad greens, fresh herbs

Step 3- Add protein

Egg, chicken, cheese, meat, fish, nuts, seeds, tofu

Step 4- Add dressing and mix

Olive or vegetable oil, vinegar, citrus juice



Try out Chef Russell's Lemon Vinaigrette:

1. Place **2 tablespoons** Dijon mustard, **1 tablespoon** honey, **¼ teaspoon** minced garlic and shallots in a mixing bowl.
2. Whisk the ingredients well.
3. Slowly add **½ cup** olive oil until fully incorporated.
4. Add **3 tablespoons** water and **3 tablespoons** lemon juice and mix well.
5. Slowly add **½ cup** apple cider vinegar until fully incorporated.
6. Season with **¼ teaspoon** sea or Himalayan salt and **¼ teaspoon** pepper.



Join the Food Coach Academy:
Receive over 150 handouts like this
Obtain a certification and 510
continuing hours of credit
Change people's health by teaching
them to cook



Food Coach Academy