# Bowl O'Goodness Template

1-2 cups vegetables
2+ different colors

4 oz, 1/2 cup protein
beans, soy, eggs, cheese, meat

1/4 cup toppings
nuts, seeds, dried fruit

1/2 cup whole grains
quinoa, brown rice, farro, barley

1-2 tablespoons dressing
hummus, salsa, oil & vinegar