More Plants Please – at home!

1: Pick your favorite vegetables

- vegetables

2: Put them over whole grains

- brown rice
- whole grain couscous
- whole grain soba noodles

3: Top off with protein

- tofu
- black beans
- beef

Bowls! Bowls! Bowls!

**Asian**
- soba noodles
- carrots
- celery
- onions
- broccoli
- tofu
- soy sauce
- rice wine vinegar

**Southwest**
- brown rice
- onions
- tomatoes
- peppers
- black beans
- cilantro
- sour cream
- lime juice

**Mediterranean**
- couscous
- onions
- tomato
- cucumber
- beef
- oregano
- greek yogurt
- red wine vinegar