

BUILD YOUR OWN POKE BOWL (serves 1)

1. PICK A PROTEIN:

- BEANS
- BEEF
- CHICKEN
- EGGS / EGG WHITES
- FISH
- KANGAROO
- LAMB
- PORK
- SALMON
- SARDINES
- TEMPEH
- TOFU
- TUNA
- TURKEY

2. PICK A CARBOHYDRATE

(If it fits your meal plan)

- POTATO
- RICE
- RICE CRACKERS
- SWEET POTATO
- VITA WEAT

3. ADD SOME COLOUR

- ASPARAGUS
- BEETROOT
- BROCCOLI
- CAPSICUM
- CARROT
- CELERY
- CORN
- CUCUMBER
- KALE
- LETTUCE
- MIXED GREENS
- MUSHROOM
- ONION
- PEAS
- PUMPKIN
- RADISH
- SPINACH
- SPROUTS
- TOMATO
- ZUCCHINI

4. ADD FLAVOUR ENHANCERS

- BALSAMIC VINEGAR
- CAPERS
- CHILLI SAUCE
- FRESH HERBS
- JALAPENO
- KIMCHI
- LOW FAT MAYO
- NUTRITIONAL YEAST
- PICKLED GINGER
- PICKLES
- ROASTED PEPPERS
- SUNDRIED TOMATO
- WASABI PEAS
- YOGHURT DRESSING

