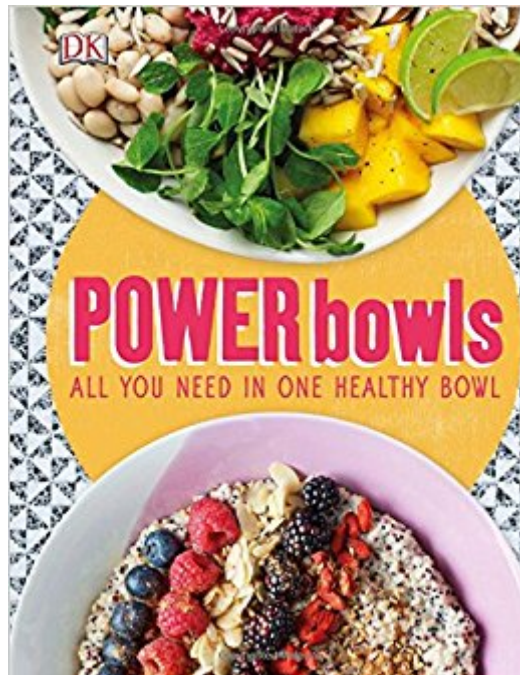




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Power Bowls



Synopsis

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 grainsâincluding kale, pomegranate, chia seeds, and quinoaâand alternative ingredients are recommended as well. While some of the recipes don't 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.

Book Information

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Customer Reviews

This book explains how to make bowl meals, and it has some good ideas for what combinations to put together. That's about all I can think of to say about it..

Amazing pictures and beautiful recipes. Truly a source of delicious inspiration! The recipes are simple, healthy and quite easy. Great purchase. The Kindle format makes the photos shine!

I liked these bowls. I have changed how I eat and I am looking for easy tasty foods and I found them here.

Love the graphics. I wish the book was bigger, but I'll just wait for another version with more recipes to be released. Love it.

Okay but nothing new in here.

It is a great book that really inspired me to eat healthier. A variety of options and easy step by step instructions

The recipes all looked and sounded very good. Beautiful pictures for each recipe and a lot of nutritional information. Also a lot of helpful preparation ideas. This is the way we should be eating!

Amazing book

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