

**1 Fill your bowl to the rim with items**

FIND YOUR CORE

**2 Choose your protein (extra)**

POWER UP

**3 Hot over brown rice or cold with greens**

HOT OR COLD

**4 Choose your veggies and your crunch**

GO GREEN

**5 Pick your dressing, add some seeds**

FINISH IT

SALAD OR  
RICE BOWL

7<sup>99</sup>

