



Grain Bowls



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Grain bowls can be a quick, easy, and healthy meal that everyone can enjoy! You can mix and match your favorite whole grains, vegetables, lean proteins, seasonings, and sauces. By using a whole grain, you add fiber, protein, and B vitamins to your day.

Use these meals like a hearty lunch or dinner! Most grain bowls can be assembled ahead of time, so they are great if you meal prep. Store them in the fridge in an airtight container for 5-7 days.



General Recipe

Not sure how to start?
Follow the 4 simple steps below!

Step 1

Prepare your whole grain of choice.

Step 2

Cook your protein of choice in a saucepan over medium-high heat with oil until fully cooked.

Step 3

Cook your veggies of choice with garlic, onion, and salt-free seasonings of choice in a saucepan over medium-high heat with oil until fully cooked.

Step 4


Divide your grain, protein, and veggies into 4 different bowls

Add extra seasoning, garnish, or sauce of choice, serve and enjoy!

The following recipes contain:

- less than 70 grams of carbohydrates per serving and are suitable for individuals following a carb-conscious diet
- less than 700 grams of sodium per serving and are suitable for individuals following a heart-healthy diet
- less than 700 milligrams of both potassium and phosphorus per serving and are suitable for individuals following a kidney-friendly diet

Grain Bowls

 15-20 minutes

 4 servings

All-American Quinoa and Veggie Bowl

Recipe adapted from
www.myrecipes.com

Ingredients

Grain

2 cups quinoa, cooked

Egg & Veggies

4 eggs

2 Tbsp olive oil

1 medium bell pepper,
chopped

1 medium onion, sliced

$\frac{3}{4}$ cup of kale, chopped

1 medium zucchini, chopped

2 cloves of garlic, minced

$\frac{3}{4}$ tsp thyme

Optional Add-Ons

Red pepper flakes, to taste



Nutrition Facts

289 kcal, 30 g CHO, 6 g fiber, 14 g fat, 12 g pro,
282 mg Ph, 625 mg K, 91 mg Na

Instructions

FOR THE PROTEIN:

1. Cook the eggs to your liking, Using 1 Tbsp of olive oil if you are frying it.

FOR THE VEGETABLES:

1. Heat a medium-sized pan over medium-high heat. Add 1 Tbsp oil and move the pan to distribute the oil. Add bell pepper, onion, thyme, and garlic. Sauté for 3 minutes.
2. Stir in the zucchini and sauté for 2 minutes.
3. Add kale and stir. Cover and cook for 2 minutes.

ASSEMBLE THE BOWL:

1. Split the quinoa and vegetables into 4 servings and place them in separate bowls. Place 1 egg in each bowl. Add red pepper flakes if desired.

Grain Bowls

 **30-35 minutes** **4 servings**

Mediterranean Mediterranean Chicken and Quinoa Bowl

Recipe adapted from
www.kitchn.com

Ingredients

Grain

2 cups of quinoa, cooked

Protein and Veggies

12 oz boneless, skinless chicken
1 Tbsp and 2 tsp olive oil, divided
1 clove of garlic, minced
2 tsp dried oregano
½ tsp dried marjoram
¼ tsp black pepper
¼ cup lemon juice
1 ½ cups kale chopped
½ medium onion, sliced
1 medium cucumber, chopped
½ cup tomato, chopped
½ cup Kalamata olives, chopped
¼ cup balsamic dressing



Nutrition Facts

433 kcal, 31 g CHO, 4 g fiber, 21 g fat, 31 g pro,
390 mg Ph, 699 mg K, 603 mg Na

Instructions

FOR THE PROTEIN:

1. Place 1 Tbsp of olive oil, 1 clove of garlic, oregano, marjoram, black pepper, and lemon juice in a large bowl. Stir to combine. Add the chicken to the large bowl and toss to coat, then cook the chicken in 1 tsp of olive oil until fully cooked, chop, and set aside.

FOR THE VEGGIES:

1. Sauté the kale and onion in a saucepan with 1 tsp olive oil and stir. Cover and cook until wilted. Chop cucumber into rough ½-inch pieces, drain and coarsely chop 1 cup pitted Kalamata olives. Add everything to the bowl.

ASSEMBLE THE BOWL:

1. Split the quinoa, chicken, and vegetables into 4 servings and place in 4 bowls. Drizzle with balsamic dressing.

Grain Bowls

 **15 minutes** **4 servings**

Tex-Mex

Tex-Mex Quinoa Bowl

Recipe adapted from
www.freseniuskidneycare.com

Ingredients

Grain

2 cups quinoa, cooked

Protein and Veggies

1 Tbsp olive oil

¼ medium onion, chopped

15.5 oz. low-sodium canned
black beans, rinsed

4 cups lettuce, shredded

¼ cup salsa

1 cup cheddar cheese,
shredded

½ cup low sodium sour cream

Optional Add-Ons

1 lime, cut into 8 wedges



Nutrition Facts

393 kcal, 43 g CHO, 13 g fiber, 17 g fat, 19 g pro,
397 g Ph, 688 g K, 322 mg Na

Instructions

FOR THE PROTEIN:

1. Drain and rinse beans.
2. Heat 1 Tbsp olive oil in a medium saucepan. Add chopped onion and cook for 1-2 minutes
3. Add rinsed beans and heat for 1-2 minutes. Set aside.

ASSEMBLE THE BOWL:

1. Put ½ cup cooked quinoa into 4 separate bowls.
2. Split beans and onion mixture into 4 servings and add to each bowl. Add ½ cup lettuce to each bowl.
3. Add 2 Tbsp salsa, ¼ cup cheese, and 2 Tbsp of sour cream.
4. Serve with 2 lime wedges if desired.