

Healthy Potlucks: Do-It-Yourself Power Bowl

Power bowls are easy and the options are endless! Start with these ideas:

Kung-Pow Noodle Bowl <ul style="list-style-type: none">• Rice noodles• Tofu, chicken, beef• Broccoli• Carrots• Purple cabbage• Green onion• Peanut sauce	Teriyaki Thunder Bowl <ul style="list-style-type: none">• Brown rice or quinoa• Edamame beans• Tofu, chicken, beef• Broccoli• Carrots• Green onion• Teriyaki sauce
Sweet Potato Buddha Bowl <ul style="list-style-type: none">• Roasted sweet potato• Tofu, chickpeas, edamame beans• Spinach• Avocado• Green onion• Dried cranberries• Pine nuts• Balsamic vinaigrette	Sofrito Mediterranean Bowl <ul style="list-style-type: none">• Roasted baby potato• Tofu, chicken, turkey• Feta cheese• Cherry tomatoes• Kalamata olives• Sliced almonds• Spinach• Try this Sofrito recipe or Pesto
Tangy Summer Bowl <ul style="list-style-type: none">• Quinoa or brown rice• Chickpeas or black beans• Feta cheese• Cherry tomatoes• Peach, nectarine, or apple slices• Avocado• Bell pepper• Cucumber• Red onion• Raspberry vinaigrette	Zesty Salmon Bowl <ul style="list-style-type: none">• Brown rice or quinoa• Smoked or canned salmon (or canned tuna or boiled egg)• Roasted butternut squash• Pumpkin seeds• Spinach• Purple cabbage• Bell pepper• Try this Italian Dressing or Balsamic vinaigrette

Do-It-Yourself Power Bowl

Sign up below to:

- bring one ingredient (two or more people can sign up to share the cost of higher price ingredients), **or**
- bring one supply item, **or**
- take on a task.

Number of potluck guests: _____



Food Item	Name
Sliced chicken or turkey	#1
	#2
Sliced beef	#1
	#2
Feta cheese	#1
	#2
Smoked or canned salmon	#1
	#2
Tofu	
Edamame beans	
Chickpeas	
Rice noodles	
Brown rice	
Quinoa	
Roasted or backed baby potatoes	
Steamed or baked sweet potato	
Roasted butternut squash	
Broccoli florets	
Shredded carrots	
Chopped purple cabbage	
Cherry tomatoes	
Diced green onion	

Food Item	Name
Spinach	
Kalamata olives	
Pine nuts or sliced almonds	
Dried cranberries	
Sliced peaches or apples	
Diced avocado	
Pesto sauce	
Peanut sauce	
Teriyaki sauce	
Balsamic vinaigrette	
Raspberry vinaigrette	
Sofrito	
Italian Dressing	

Alternative bowl images:



Drinks (if needed)	Name

Supplies (if needed)	Name
Plates	
Cutlery (forks, spoons, knives)	
Serving Tools	
Napkins	
Cups	
Cloths (for clean-up)	
Hand Sanitizer	

Help Out	Name
Manage Sing-Up Sheet	
Help Set-Up	#1
	#2
	#3
Help Clean-Up	#1
	#2
	#3
Fill Water Jugs	
Make Coffee and Tea	
Host a Game or Icebreaker	