



KATIE LOWNDES
— WELLNESS —

FOOD BOWL CHEAT SHEET



Select your grain	Brown Rice	Freekeh Bulgar wheat	Cous Cous	Quinoa	Rice Noodles
Select your protein / tasty feature	Tofu	Prawns Fish	Fetta Haloumi Eggs	Chicken Chorizo Lamb Beef Prosciutto	Beans Lentils
Select your dry spices + herbs	Greek: Oregano, coriander seeds	Mexican: Cajun spice or paprika	Italian: Basil, Oregano, Bay	Middle Eastern: Cumin, Coriander, Ginger	Asian: Dry Shallots and grated ginger
Select your fresh herbs	Oregano	Coriander	Basil	Parsley Mint Thyme Rosemary	Thai Basil Mint
Select your roast veggies —as many as you like!	Cauliflower Broccoli Carrots Pumpkin Squash Zucchini Eggplant	Spinach Cavolo nero Fennel Asparagus	Roast peppers Tomatoes	Mushrooms	Red Onion / Spring Onion / Leek
Select your taste bud ticklers	Capers	Currants Pomegranate seeds	Jalapenos Chili	Pine nuts Almonds Cashews Peanuts	Sunflower seeds Flaxseed Chia seeds Pumpkin seeds Sesame
Select your dressing	Tzatsiki: cucumber, garlic, lemon & yoghurt	Sweet chili and fresh coriander yoghurt	Chili and coriander oil	Tahini, Yoghurt, lemon, cumin and garlic	Sesame oil, fresh lime
Optional additions	Avocado, Corn or Mango salsa: toms, red onion, dash tabasco, fresh lime, avocado / corn / mango	Corn on the cob topped with paprika & grated parmesan	Whole baked eggplant topped with pomegranate and the tahini yoghurt and zaatar	Fresh zucchini salad with chili, lemon and mint	Fresh cucumber or carrot for crispness