

Build Your Own Nourish Bowl

Are you and your co-workers ready for an amazing lunch?

For a successful Nourish Bowl lunch, you will need a Coordinator to keep things running smoothly. Here's how it works:

1. The recipe has been formatted into a sign-up sheet for a potluck style lunch for several (or more) people to participate. Each person who signs up will have to bring ingredient(s) from the list. If you have more people than the number of ingredients listed, you can split up some of the items or add other items to the list. If you have less people than ingredients, double up!
2. Decide which day is going to be Nourish Bowl day. A Thursday or Friday works best to give participants enough time to sign up.
3. Pick a new dressing (or two) each week to keep it interesting, and copy and paste the sign-up from this document into a new document.
4. Distribute the sign-up sheet early in the week, ideally Monday or Tuesday. Participants will sign up by writing or typing their name in the "Person" column. This can either be done one of two ways:
 - a. Electronically as a Word document (especially if there is a common place where the sign-up can be saved and multiple participants can edit the Word document).
 - b. Print out the sheet and have participants sign up manually.
5. On the day of, have participants leave their item(s) plus serving utensil in the designated location, either on the table or in the fridge.
6. Shortly before or at the start of lunch, the Coordinator can set up all the ingredients buffet-style in the designated serving location. Have participants bring themselves, their bowls, and their forks, and serve themselves. Have participants check their names off when they have taken their portion.
7. Participants should bring their own bowl and fork (unless your workplace has them available) and clean their own dishes.

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Sign-Up Sheet

Nourish Bowl lunch will take place on [date] at [time] in the [location]. Sign up to bring an item listed below, or add another option. Leave your item (and a serving utensil) in the [location where there is a fridge], either on the table or in the fridge as needed. Then bring yourself, along with a bowl and fork to the [location] at [time] to enjoy a nourishing lunch.

Ingredients and Approximate Amounts	Person
3 cups cooked rice (any variety)	
3 cups cooked quinoa	
3 cups cooked couscous	
4 sweet peppers, sliced (any colours)	
4 cups of grated carrots	
3 cups of grated or roasted beets	
4 cups shredded cabbage (any variety)	
2 cans of chickpeas, rinsed and drained	
2 cans black beans, rinsed and drained	
2 blocks of extra firm tofu, cubed and roasted	
1 container crumbled feta cheese	
4 cups shelled edamame	
2 sweet potatoes, cubed and roasted	
4 cups spinach, roughly chopped	

4 cups kale, roughly chopped	
3 avocados, chopped	
Pepitas, dried cranberries, sunflower seeds – keep separate in case of allergies	
2 cups shredded cooked chicken	
4 hard boiled eggs, chopped	
Other Ingredient:	
Greek Dressing: 6 tbsp olive oil, ¼ cup lemon juice, ¼ cup red wine vinegar, ½ cup chopped fresh parsley, 2 tbsp dried oregano, ¼ tsp Dijon mustard, ¼ tsp salt, pinch pepper	
Tahini Dressing: 2-3 cloves of garlic, 1 cup nutritional yeast, 1/3 cup tahini, 1 cup olive oil, 2/3 cup soy sauce, 2/3 cup apple cider vinegar	
Chiptole Lime Dressing: 2 cups plain Greek yogurt, ½ cup mayo, ½ cup buttermilk, 4 Tbsp lime juice, 3 chipotle chili peppers in adobo, 2 cloves garlic, 4 tsp dried parsley, 1 tsp onion powder, 1 tsp dried dill, 1 tsp chives, ½ tsp paprika **Add all ingredients to a blender and pulse until combined.	
Creamy Citrus Dressing: 3/4 cup orange juice, ¼ cup lemon juice, ½ cup olive oil, 2 cloves minced garlic, 4 tsp sugar, 2 tsp salt, 1 tsp pepper, 1/3 cup plain Greek yogurt	
Creamy Tahini Dill Dijon: 6 sprigs dill, finely chopped; ¾ cup plain yogurt; 1/3 cup tahini; 3 Tbsp lemon juice; 4 tsp Dijon mustard; 1 tsp garlic powder; 1 tsp salt; ½ tsp pepper	
Thai Peanut Dressing: 1/3 cup peanut butter (or any other nut or seed butter), 2 tbsp lime juice, 1 ½ tbsp seasoned rice vinegar, 1 ½ tbsp reduced sodium soy sauce, ¼ tsp garlic powder, 2 tbsp water (add more to thin if desired)	
Asian Vinaigrette Dressing: 1/2 tbsp grated ginger, ¼ cup extra virgin olive oil, ¼ cup seasoned rice vinegar, 1 ½ tsp honey (or maple syrup), 3 tbsp sesame oil, 1 ½ tsp reduced sodium soy sauce, ¼ tsp garlic powder	
Other Dressing:	