



BOWLS

MADE SIMPLE

17 PROTEIN-CENTERED RECIPES

20-30 G PROTEIN • 30-40 G CARBS IN MOST BOWLS



CHICKEN QUINOA POWER BOWL

POST-WORKOUT



PROTEIN

≈ 28 g

FAVORABLE CARBS

≈ 35 g

RZONE TIP

Quinoa is the complex carbohydrate in this bowl.

WHAT YOU NEED • 1 SERVING

- 2 1/2 oz cooked grilled chicken breast
- 3/4 cup cooked quinoa
- 1 cup broccoli and bell pepper
- 2 tsp olive oil + lemon
- Herbs, pepper, and garlic

HOW TO MAKE IT

1. Cook quinoa according to package directions.
2. Season chicken and grill until fully cooked (165°F).
3. Roast or sauté vegetables; finish with olive oil and lemon.
4. Layer quinoa, vegetables, and sliced chicken in a bowl.

Estimates are per bowl; carbs include all ingredients.

SALMON RICE & AVOCADO BOWL

POST-WORKOUT



PROTEIN

≈ 26 g

FAVORABLE CARBS

≈ 38 g

RZONE TIP

Use leftover cooked salmon for a quick lunch.

WHAT YOU NEED • 1 SERVING

- 3 1/2 oz cooked salmon
- 3/4 cup cooked brown rice
- 1 cup cucumber and mixed greens
- 1/4 avocado
- Lemon juice, dill, and black pepper

HOW TO MAKE IT

1. Cook the rice and cool slightly.
2. Bake salmon until it reaches 145°F or flakes easily.
3. Place greens and rice in the bowl; add cucumber.
4. Top with salmon, avocado, lemon, and dill.

Estimates are per bowl; carbs include all ingredients.

TURKEY & SWEET POTATO BOWL

BALANCED MEAL



PROTEIN

≈ 27 g

FAVORABLE CARBS

≈ 35 g

RZONE TIP

Batch cook the turkey and sweet potato for multiple meals.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked 93% lean ground turkey
- 3/4 cup roasted sweet potato
- 1 cup spinach or kale
- 1/2 cup diced tomato
- 1 tsp olive oil + smoked paprika

HOW TO MAKE IT

1. Roast sweet potato cubes at 400°F until tender.
2. Cook ground turkey thoroughly to 165°F with paprika.
3. Wilt the greens in a pan with olive oil.
4. Arrange turkey, sweet potato, greens, and tomato.

Estimates are per bowl; carbs include all ingredients.

SHRIMP FIESTA BOWL

POST-WORKOUT



PROTEIN

≈ 28 g

FAVORABLE CARBS

≈ 37 g

RZONE TIP

Beans and corn supply the carbohydrate; skip extra rice here.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked shrimp
- 1/2 cup black beans, drained
- 1/3 cup corn
- 1 cup romaine, tomato, and pepper
- Lime juice, cilantro, and salsa

HOW TO MAKE IT

1. Heat shrimp until opaque and cooked through.
2. Warm the beans and corn; rinse canned beans first.
3. Fill a bowl with romaine and chopped vegetables.
4. Add shrimp, beans, corn, salsa, lime, and cilantro.

Estimates are per bowl; carbs include all ingredients.

STEAK & ROASTED POTATO BOWL

POST-WORKOUT



PROTEIN

≈ 27 g

FAVORABLE CARBS

≈ 36 g

RZONE TIP

The potatoes count as this meal's complex carbohydrate.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked lean sirloin steak
- 1 cup roasted baby potatoes
- 1 cup asparagus
- 1 tsp olive oil
- Lemon, garlic, and black pepper

HOW TO MAKE IT

1. Roast potatoes at 400°F until tender and browned.
2. Cook asparagus until crisp-tender.
3. Cook steak to your preferred safe doneness; rest and slice.
4. Assemble with olive oil, lemon, garlic, and pepper.

Estimates are per bowl; carbs include all ingredients.

BERRY GREEK YOGURT BOWL

BREAKFAST



PROTEIN

≈ 27 g

FAVORABLE CARBS

≈ 38 g

RZONE TIP

Choose cereal by its label; brands vary widely.

WHAT YOU NEED • 1 SERVING

- 1 cup plain nonfat Greek yogurt
- 1/2 cup berries
- High-fiber cereal: 20 g carbs on label
- 1 tbsp almond butter
- Cinnamon, optional

HOW TO MAKE IT

1. Spoon yogurt into a bowl.
2. Add washed berries and cereal.
3. Drizzle almond butter over the top.
4. Finish with cinnamon and serve right away.

Estimates are per bowl; carbs include all ingredients.

ORGANIC BEEF TACO BOWL

BALANCED MEAL



PROTEIN

≈ 29 g

FAVORABLE CARBS

≈ 39 g

RZONE TIP

Cook a larger batch of beef for fast lunches.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked organic 93% lean ground beef
- 1/2 cup cooked brown rice
- 1/3 cup black beans, drained
- 1 cup romaine, tomato, and peppers
- 2 tbsp salsa + 1/8 avocado

HOW TO MAKE IT

1. Cook the ground beef to 160°F with taco spices.
2. Warm rice and beans; rinse canned beans first.
3. Fill a bowl with romaine and chopped vegetables.
4. Add beef, rice, beans, salsa, and avocado.

Estimates are per bowl; carbs include all ingredients.

TUNA & CHICKPEA BOWL

LUNCH



PROTEIN

≈ 27 g

FAVORABLE CARBS

≈ 36 g

RZONE TIP

Choose canned light tuna for a lower-mercury option.

WHAT YOU NEED • 1 SERVING

- 3 oz canned light tuna, drained
- 1/3 cup chickpeas, rinsed
- 1/3 cup cooked brown rice
- 1 cup cucumber, tomato, and greens
- Lemon, herbs, and 1 tsp olive oil

HOW TO MAKE IT

1. Cook and cool the rice.
2. Drain tuna and rinse chickpeas.
3. Place greens, rice, cucumber, and tomato in a bowl.
4. Add tuna and chickpeas; finish with lemon and herbs.

Estimates are per bowl; carbs include all ingredients.

LEMON COD & RICE BOWL

POST-WORKOUT



PROTEIN

≈ 27 g

FAVORABLE CARBS

≈ 39 g

RZONE TIP

Cod adds a mild, easy fish option to the rotation.

WHAT YOU NEED • 1 SERVING

- 4 oz cooked cod fillet
- 3/4 cup cooked brown rice
- 1 cup broccoli and carrots
- 1 tsp olive oil
- Lemon, parsley, and black pepper

HOW TO MAKE IT

1. Cook rice according to package directions.
2. Bake cod until it reaches 145°F or flakes easily.
3. Steam or roast broccoli and carrots.
4. Layer rice, vegetables, and cod; finish with lemon.

Estimates are per bowl; carbs include all ingredients.

BISON (BUFFALO) POWER BOWL

BALANCED MEAL



PROTEIN

≈ 26 g

FAVORABLE CARBS

≈ 36 g

RZONE TIP

American bison is often marketed as buffalo.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked lean ground bison
- 1/2 cup roasted sweet potato
- 1/4 cup cooked brown rice
- 1 cup spinach and bell peppers
- 1 tsp olive oil + cilantro

HOW TO MAKE IT

1. Roast sweet potato at 400°F until tender.
2. Cook ground bison to 160°F; season to taste.
3. Sauté spinach and peppers; warm the rice.
4. Assemble with cilantro and olive oil.

Estimates are per bowl; carbs include all ingredients.

GREEK LEMON CHICKEN BOWL

BALANCED MEAL



PROTEIN

≈ 30 g

FAVORABLE CARBS

≈ 35 g

RZONE TIP

A squeeze of lemon keeps the dressing simple.

WHAT YOU NEED • 1 SERVING

- 2 1/2 oz cooked grilled chicken breast
- 3/4 cup cooked quinoa
- 1 cup cucumber, tomato, and spinach
- 1 tbsp crumbled feta + 2 olives
- Lemon, oregano, and 1 tsp olive oil

HOW TO MAKE IT

1. Cook quinoa and cool slightly.
2. Season chicken with oregano; cook to 165°F.
3. Chop cucumber and tomato; add spinach to a bowl.
4. Top with quinoa, chicken, feta, olives, and lemon.

Estimates are per bowl; carbs include all ingredients.

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CHICKEN FAJITA BOWL

POST-WORKOUT



PROTEIN

≈ 28 g

FAVORABLE CARBS

≈ 38 g

RZONE TIP

Use spices and lime instead of a sugary sauce.

WHAT YOU NEED • 1 SERVING

- 2 1/2 oz cooked chicken breast
- 1/2 cup cooked brown rice
- 1/4 cup black beans, drained
- 1 cup peppers, onions, and romaine
- Lime, cilantro, and fajita spices

HOW TO MAKE IT

1. Cook brown rice and warm the beans.
2. Sauté peppers and onions; cook chicken to 165°F.
3. Fill a bowl with romaine, rice, and beans.
4. Add sliced chicken, vegetables, cilantro, and lime.

Estimates are per bowl; carbs include all ingredients.

GINGER SESAME CHICKEN BOWL

POST-WORKOUT



PROTEIN

≈ 29 g

FAVORABLE CARBS

≈ 38 g

RZONE TIP

Choose a sauce with little added sugar.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked chicken breast
- 2/3 cup cooked brown rice
- 1 cup broccoli and shredded carrot
- 1 tbsp reduced-sodium ginger sauce
- 1 tsp sesame seeds + scallions

HOW TO MAKE IT

1. Cook the rice and steam broccoli until tender.
2. Cook chicken thoroughly to 165°F.
3. Toss chicken with ginger sauce; add carrot.
4. Layer rice and vegetables; finish with sesame and scallions.

Estimates are per bowl; carbs include all ingredients.

CAULIFLOWER RICE & SHRIMP BOWL

FLEXIBLE CARBS



PROTEIN

≈ 23-30 g

FAVORABLE CARBS

≈ 16-38 g

RZONE TIP

Lower carb without beans; add black or pinto beans when wanted.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked shrimp
- 1 cup riced cauliflower
- 1 cup bell peppers and zucchini
- 1/4 avocado + lime and cilantro
- Optional: 1/2 cup black or pinto beans

HOW TO MAKE IT

1. Sauté cauliflower rice and vegetables until tender.
2. Cook shrimp until opaque and cooked through.
3. If using beans, rinse and warm them.
4. Layer everything and add avocado, lime, and cilantro.

Estimates vary with the optional beans and cauliflower blend.

MEDITERRANEAN CHICKEN BOWL

MEDITERRANEAN RICED CAULIFLOWER



PROTEIN

≈ 27 g

FAVORABLE CARBS

Varies by blend

RZONE TIP

A bright lower-carb bowl; add 1/2 cup black or pinto beans if you want more carbohydrate.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked chicken breast
- 1 cup Mediterranean riced cauliflower
- 1 cup spinach, cucumber and tomato
- 1/4 avocado + 1 tbsp feta
- Lemon juice and fresh herbs

HOW TO MAKE IT

1. Cook cauliflower rice following package directions.
2. Add spinach, cucumber and tomato.
3. Top with sliced chicken, avocado and feta.
4. Finish with lemon juice and herbs.

Flavored cauliflower rice is usually sold at Sprouts and Whole Foods; flavors vary.

CUBAN CONGRI TURKEY BOWL

CUBAN CONGRI RICED CAULIFLOWER



PROTEIN

≈ 25 g

FAVORABLE CARBS

Varies by blend

RZONE TIP

The congri blend contains black beans. Extra beans are optional.

WHAT YOU NEED • 1 SERVING

- 3 oz cooked lean ground turkey
- 1 cup Cuban congri riced cauliflower
- 1 cup sautéed peppers and onions
- 1/4 avocado + cilantro and lime
- Optional: 1/2 cup black or pinto beans

HOW TO MAKE IT

1. Brown turkey thoroughly with cumin and garlic.
2. Cook the congri cauliflower blend as directed.
3. Add peppers and onions, then turkey.
4. Top with avocado, cilantro and lime.

Flavored cauliflower rice is usually sold at Sprouts and Whole Foods; flavors vary.

LEMON GARLIC HERB SALMON BOWL

LEMON, GARLIC & HERB RICED CAULIFLOWER



PROTEIN

≈ 25 g

FAVORABLE CARBS

Varies by blend

RZONE TIP

Keep it lower carb, or add 1/2 cup black or pinto beans when a higher-carb meal fits.

WHAT YOU NEED • 1 SERVING

- 4 oz cooked salmon
- 1 cup lemon garlic herb riced cauliflower
- 1 cup asparagus and zucchini
- 1/4 avocado + lemon wedge
- Parsley and black pepper

HOW TO MAKE IT

1. Cook salmon to 145°F or until it flakes easily.
2. Cook cauliflower rice following package directions.
3. Sauté asparagus and zucchini until tender.
4. Assemble with avocado, parsley and lemon.

Flavored cauliflower rice is usually sold at Sprouts and Whole Foods; flavors vary.

BUILD YOUR OWN BOWL

A SIMPLE FORMULA YOU CAN USE ALL WEEK

01 PROTEIN

Target 20–30 g per bowl.

02 VEGETABLES

Add 1–2 generous handfuls of color.

03 FAVORABLE CARBS

30–40 g for most bowls; cauliflower can be lower.

04 HEALTHY FAT

Add avocado, olive oil, nuts, or seeds.

05 FLAVOR

Finish with herbs, citrus, salsa, or spices.

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