

Lentils.™

HOW TO BUILD A POWER BOWL

BASE

½ cup of lentils + ½ cup of whole grains

Grains that pair well with lentils:

- Brown rice
- White rice
- Quinoa
- Couscous
- Barley
- Rye
- Farro
- Buckwheat
- Wild rice

Brown rice is the top grain consumers want to see paired with lentils in power bowls

There is 12 grams of protein and 8 grams of fiber in ½ cup of cooked lentils

ANIMAL PROTEIN

Optional as a condiment (2 oz or less)

You have already packed 12 grams of protein into the base of your bowl with the inclusion of lentils, so the need for additional animal protein should be considered optional or could be deployed in smaller quantities.

- 2 oz of skewered beef
- 2 oz of grilled shrimp
- 2 oz lamb kofte
- 2 oz meatball
- 2 oz grilled chicken

GARNISH AWAY

Generous use of spices, herbs, aromatics, nuts, seeds, to flavor & inspire

- Fried sage leaf
- Toasted pumpkin seeds
- Candied nuts
- Dried fruits and berries
- Pickled veggies
- Crumbled or grilled cheese

64% of consumers are willing to pay more for a menu item with more protein

GET SAUCEY

Allow a great dressing, vinaigrette, marinade, sauce, or dollop of a hummus to help introduce a whole new flavor profile.

PRODUCE

Raw, roasted, or pickled; add a double portion (1 cup) of your favorite seasonal veggies

- Leafy greens
- Tomatoes
- Cucumbers
- Mushrooms
- Green beans
- Red onion
- Zucchini and squashes
- Root vegetables
- Potatoes (regular and sweet)
- Fruits, citrus, and berries

LET GLOBAL CUISINES AND FLAVORS INSPIRE YOU.

Get inspired with power bowls

