**BUILD A BRONCO BOWL**

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There is no right or wrong way to build a great Bronco bowl!  Just pick at least one item from each category.  For example, combine a whole grain choice (Minute brown rice) with a lean protein (like beef or black beans).  Add in a vegetable for fiber and a power food punch (broccoli) and then add flavor with any variety of ingredients (salsa and sliced avocado).  By the time you have built your bowl, you will have a quality meal loaded with power foods to get you through difficult workouts and make big gains during recovery.

**Pick a whole grain:**

Brown rice, Brown minute rice, quinoa, barley, whole grain pasta, bulgar wheat, etc. Cook a large batch of these whole grains at the start of the week. Keep it in the fridge and each day use some as a base for your “Build a Bowl”.

**Pick a protein:**

Diced beef, chicken, turkey, ham, canned beans, boiled egg, nuts, seeds, cheese or tuna.

**Add some veggies:**

Add any diced veggies that you have on hand that sound good. Fresh or frozen or canned are all great. Diced carrots, onions, frozen peas, diced fresh or frozen broccoli or cauliflower and shredded spinach or kale are a few ideas. Think about dicing a bunch of frozen vegetables (like broccoli and cauliflower) until it is minced, then mixing it into taco meat, spaghetti, etc. to make meals lower in calories and high in power foods. Or roast a bunch of frozen veggies in a baking pan with garlic powder, salt and pepper at 350 degrees for about 15-20 minutes until caramelized and delicious.

**Add some flavor:**

Anything goes! Salsa, pesto, marinara sauce, garlic, ginger, salt, pepper, onion or garlic powder, Italian seasoning, low fat vinaigrette, honey mustard, beef or chicken broth….. any favorite flavors you enjoy.

**Basics to have on hand:**

Cooking oil (canola and olive oil are the healthiest), salt, pepper, garlic powder, onion powder, Italian seasoning, Tupperware or freezer bags to store food in, favorite hot sauce, favorite salad dressing, favorite bbq and teriyaki sauces, and mustard. (Make healthy ranch dressing using non fat plain Greek yogurt mixed with powdered ranch dressing mix. Start with a small amount of the ranch powder, you can always add more.)