

# Sweet Treat Signature Meal

## “The Lock-In Nourish Bowl”



## Ingredients

(build-your-own style):

- **Base:** ½ cup quinoa or cauliflower rice
- **Protein:** Grilled chicken, salmon, or chickpeas
- **Veggies:** Steamed broccoli, cucumber slices, roasted zucchini, shredded carrots
- **Toppings:** Pumpkin seeds, avocado slices, drizzle of olive oil + lemon juice

## Directions

1. Cook quinoa or prepare cauliflower rice as your base.
2. Layer on protein of choice.
3. Add 2–3 colorful veggies for fullness + nutrients.
4. Sprinkle seeds and drizzle dressing.
5. **Affirmation while eating:** “I nourish my body with love. I am grounded and satisfied.”

*xo, Coach Jo*