

# Ingredient Examples for a Grain Bowl

- **Whole grain:** quinoa, rice, farro, bulgur wheat, millet, freekeh
- **Protein:** chickpeas, black beans, white beans, tofu, tempeh, salmon, shrimp, ahi poke, seared tuna
- **Vegetables (cooked or raw):** tomatoes, cucumber, avocado, onions, broccoli, peppers, cauliflower, zucchini, spinach, kale, sweet potatoes, potatoes, carrots, green beans, eggplant, asparagus, cabbage, mushrooms, Brussels sprouts, roasted mixed veggies
- **Sauce:** tahini sauce, cilantro sauce, cilantro lime ranch, lemon dill sauce, cucumber sauce, chipotle sauce, creamy cilantro dressing, green goddess dressing
- **Topping (optional):** almonds, walnuts, pecans, pepitas, sesame seeds, feta cheese, goat cheese