

MEAL PREP VEGAN SUPERFOOD BOWL

Meal Prep Vegan Superfood Bowl

(makes 4 servings)

- 8 oz (250 g) package of microwavable quinoa (or 2 cups/125 g cooked)
- ½ cup (120 g) of hummus
- 2 Tbsp fresh lemon juice
- 5 oz (140 g) package baby spinach, rinsed
- 8 oz (250 g) package cooked refrigerated baby beets (from the produce section)
- 1 cup (140 g) frozen shelled edamame, thawed
- 1 avocado (slice right before eating)
- ¼ cup (30 g) unsalted toasted pepitas (pumpkin seeds)

- 🔥 Want to add more protein? Just add 3-4 ounces (80-115 g) of cubed rotisserie or grilled chicken to each serving.

Prepare the quinoa according to the package directions.

While the quinoa cools, make the dressing: whisk together the hummus and lemon juice. If it is too thick, drizzle in a few drops of water to thin to your desired consistency. Set aside.

Divide the spinach among 4 reusable containers. To each container, add a quarter of the quinoa, beets, edamame, and pepitas.

When you're ready to eat, top each serving with ¼ of the hummus dressing and toss well before adding ¼ of the avocado, cut into slices.

Serve and enjoy!

Coach Suzie

Shape Up Montana Jump Start

