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Every bowl contains a perfectly balanced meal, packed with nutritious superfood ingredients to keep you energised all day. With 25 recipes designed to suit your busy lifestyle, Power Bowls is packed with superfood solutions to keep you feeling healthy and satisfied from morning to night. Start your day right with Quinoa & berry porridge or an Acai berry & kale smoothie bowl, enjoy a Tofu & kimchi bowl or Vegetarian sushi bowl for a tasty on-the-go lunch, then come home to a satisfying bowl ...

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Veggie-Filled Greek Hummus Power Bowl. To get all the nutrients your body needs, it's important to eat the rainbow. And you'll get plenty of colorful, protective phytochemicals with this Veggie-Filled Greek Hummus Power Bowl from Peaceful Dumpling. Between the tofu, hummus, and kale, you could reach over one-quarter of your total protein needs for the day in just this one bowl!

~~Power Bowls: 10 Easy and Nutritious All-in-One Meals~~

Whether you want to make an energy-boosting breakfast, an on-the-go lunch, or a hearty dinner, you can build a bowl to suit your taste and dietary needs, including a gluten-free and vegan diet....

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Power Bowls is your bite-sized guide to the tastiest new health food trend. Healthy bowls are delicious, nutritious bowls packed with superfood ingredients to keep you energised all day. Pack your five-a-day into a bowl with 25 healthy bowl recipes that taste great and keep you feeling good.

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Bringing you 50 delicious power bowl recipes for all of your healthy dinner and meal prep needs! From paleo, to gluten free to vegetarian and vegan, these power bowls are waiting for you. Vegan Bowls Vegan Greek Power Bowl with Tzatziki Dressing – Fit Mitten Kitchen.

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Courtesy I Will Not Eat Oysters If you haven't already heard of them, power bowls are the hot new food trend. Made from grains, greens and protein, they're a nutritionally dense way to eat a meal...

~~13 Power Bowl Recipes To Make For Lunch Or Dinner – Simplemost~~

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Whether you want to make an energy-boosting breakfast, an on-the-go lunch, or a hearty dinner, you can build a bowl to suit your taste and dietary needs, including a gluten-free and vegan diet. Each bowl is loaded with nutritionally rich vegetables, fruits, seeds, and grains—including kale, pomegranate, chia seeds, and quinoa—and alternative ingredients are recommended as well.

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#13 Green Power Bowl (GF) This Green Power Bowl is full of plant-based goodness! Whole grains, tasty veggies, avocado and a creamy cilantro lime sauce is all you need for a healthy and quick weeknight dinner. Get the recipe here. #14 Lime Quinoa Lentil Bowl (GF) If you're out of out of canned beans for a Buddha bowl, this quinoa lentil Buddha bowl will save the day.

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