

Nutritious Dishes & Recipes

Quinoa Veggie Bowl

Ingredients:

- 1 cup quinoa
- 1 cup chopped broccoli
- 1/2 cup cherry tomatoes
- 1/2 cup corn
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Cook quinoa as per instructions.
2. Sauté broccoli, tomatoes, and corn in olive oil.
3. Mix veggies with quinoa.
4. Season with salt and pepper.
5. Serve warm.

Grilled Chicken Salad

Ingredients:

- 1 chicken breast
- 2 cups mixed greens
- 1/4 cup sliced cucumbers
- 1/4 cup shredded carrots
- 1 tbsp lemon juice
- Salt and pepper to taste

Steps:

1. Grill the chicken breast and slice it.

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2. Combine greens, cucumbers, and carrots in a bowl.
3. Top with grilled chicken.
4. Drizzle with lemon juice and season.
5. Enjoy fresh.

Oats & Banana Smoothie

Ingredients:

- 1 banana
- 1/2 cup rolled oats
- 1 cup almond milk
- 1 tbsp honey
- Ice cubes (optional)

Steps:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Add ice cubes if desired.
4. Serve immediately.