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## Power Bowls All You Need In One Healthy Bowl

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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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and kale, you could reach over one-quarter of your total protein needs for the day in just this one bowl!

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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

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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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