LONG TRAINING DAY? BUILD A BOWL, NOT A MESS

Quick meal bowls for long training days!

kickonfitness.com

WHY MEAL BOWLS WORK FOR TRAINING DAYS

- Long miles = low energy to cook
- Busy schedule = grab-and-go wins
- Bowls = fast, balanced, customizable AND best of all no stove required!

THE FORMULA SO YOU NEVER HAVE TO THINK

- Pick **1 base**
- Add **1 protein**
- Add **2 veggies**
- Add **1 healthy fat**
- Top with **flavor**
- Done in **under 5 minutes**

BASES THAT REQUIRE ZERO COOKING

- Microwave rice cups (though making from "scratch" is pretty easy!
- Pre-cooked quinoa packs
- Shredded lettuce
- Spinach or arugula
- Frozen cauliflower rice (microwave = "cooking," but barely)

NO COOK PROTEINS

- Rotisserie chicken (store-bought) or you can make chicken breasts ahead of time and save for the week.
- Tofu or Seitan
- Canned tuna or salmon
- Hard-boiled eggs (pre-made packs) or can do ahead of time & store
- Cottage cheese Greek yogurt Edamame (microwave bag)
- Hummus (yes, hummus counts)

HEALTHY FATS

- Avocado
- Olive oil drizzle
- Nuts or seeds
- Feta or goat cheese
- Tahini
- Nut butter (for sweet bowls)

Continued on next page

LONG TRAINING DAY? BUILD A BOWL, NOT A MESS

Quick meal bowls for long training days! Cont'd

kickonfitness.com

FLAVOR BOOSTERS (THE FUN PART)

- Salsa
- Pesto
- Everything bagel seasoning
- Low Sodium Soy sauce
- Greek dressing
- Hot honey
- Lemon squeeze
- Pickled onions

5-MINUTE BOWL IDEAS

1. The Runner's Recovery Bowl
Rice cup + shredded chicken + spinach + tomatoes + avocado + pesto

2. The "I'm Too Tired to Cook" Bowl
Quinoa pack + tuna + coleslaw mix + cucumbers + olive oil + lemon

3. The Sweet Training Bowl
Greek yogurt + berries + granola + chia seeds + nut butter drizzle

4. The High-Protein Veggie Bowl
Cauliflower rice + edamame + carrots + peppers + tahini + sesame seeds

5. The KickFuel Power Bowl
Mixed greens + cottage cheese + tomatoes + seeds + hot honey + cracked pepper

WHY THIS WORKS FOR LONG TRAINING DAYS

- You get carbs for fuel
- Protein for muscle repair
- Veggies for micronutrients
- Fats for staying full

And **more time for hitting the roads or trails!!**