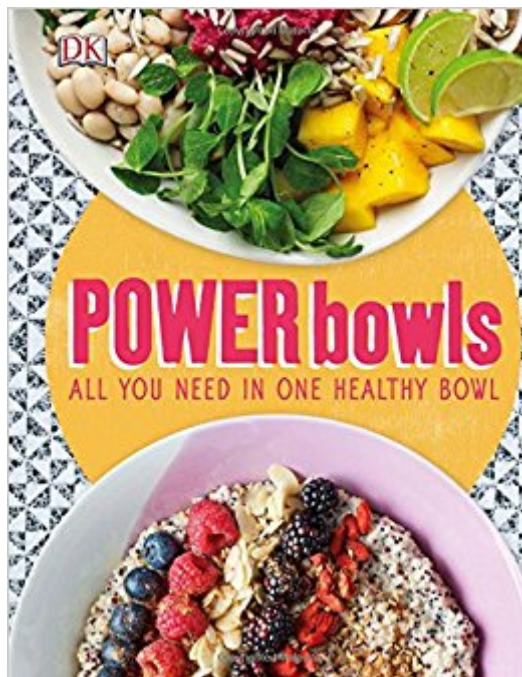


The book was found

# Power Bowls





## Synopsis

Power Bowls shows you how to build a one-bowl-wonder meal. From smoothie and oatmeal bowls to burrito bowls to noodle and vegetable bowls, each of the 35 recipes is nutritionally balanced and packed with superfoods. 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 grainsâincluding kale, pomegranate, chia seeds, and quinoaâand alternative ingredients are recommended as well. While some of the recipes don't require any cooking at all, tips and tricks on what to cook ahead, what to prepare the night before, and how long you can store your leftovers make healthy eating quick and simple even on the busiest of days. Make every meal pack a delicious, nutritious punch with Power Bowls.

## Book Information

Hardcover: 72 pages

Publisher: DK; 1 edition (December 6, 2016)

Language: English

ISBN-10: 1465458778

ISBN-13: 978-1465458773

Product Dimensions: 6.1 x 0.6 x 8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #91,629 in Books (See Top 100 in Books) #78 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #1728 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

This book explains how to make bowl meals, and it has some good ideas for what combinations to put together. That's about all I can think of to say about it..

Amazing pictures and beautiful recipes. Truly a source of delicious inspiration! The recipes are simple, healthy and quite easy. Great purchase. The Kindle format makes the photos shine!

I liked these bowls. I have changed how I eat and I am looking for easy tasty foods and I found them here.



Love the graphics. I wish the book was bigger, but I'll just wait for another version with more recipes to be released. Love it.

Okay but nothing new in here.

It is a great book that really inspired me to eat healthier. A variety of options and easy step by step instructions

The recipes all looked and sounded very good. Beautiful pictures for each recipe and a lot of nutritional information. Also a lot of helpful preparation ideas. This is the way we should be eating!

Amazing book

[Download to continue reading...](#)

Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls \* Zucchini Noodles with Shrimp \* One Pan Honey-Lime Chicken \* No-Bake ... \* Jerk Chicken Bowls ... and hundreds more! Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Whole Bowls: Complete Gluten-Free and Vegetarian Meals to Power Your Day Power Bowls Clean Eating Bowls: 100 Real Food Recipes for Eating Clean Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat The Language of Singing Bowls: How to Choose, Play and Understand Your Bowl It's a Wrap: Sewing Fabric Purses, Baskets, and Bowls Spoon: Simple and Nourishing Breakfast Bowls that Can Be Enjoyed Any Time of Day Salads and Dressings: Over 100 Delicious Dishes, Jars, Bowls, and Sides 150 Best Meals in a Jar: Salads, Soups, Rice Bowls and More Bowls of Goodness: Vibrant Vegetarian Recipes Full of Nourishment Poke: Hawaiian-Inspired Sushi Bowls The KETO Soup Bowl: 50 delicious fat-burning, health-boosting bowls of soup, chowder, hodgepodge, gumbo, stew, and gazpacho Glass Kiln Casting with Colour de Verre - 10 Projects for Frit Cast Jewelry, Plates & Bowls Heirloom Wood: A Modern Guide to Carving Spoons, Bowls, Boards, and other Homewares Smoothie Bowls: 50



Beautiful, Nutrient-Packed & Satisfying Recipes

Contact Us

DMCA

Privacy

FAQ & Help