

Lunch | Dinner

Blueberry Power Bowl

Side Effect: Weight Loss/Low Appetite

15 Mins
Prep Time

0 Mins
Cook Time

4
Servings

483 Calories **20g Fat** **66g Carbs** **11g Protein**



Ingredients

4 Servings **15 Mins Total Time**

Allergens: Nuts, Dairy

½ Cup Quinoa

½ Cup Lentils

5 oz Container Lettuce, washed

1 Avocado, washed and diced

¼ Cup Pasteurized Feta Cheese

1 Pint Blueberries, washed

¼ Cup Dried Cherries

½ Cup Salted, Roasted Cashews

¼ Cup Poppy Seed Dressing, more if necessary

Allergen Swap

Nuts Replace the salted cashews with salted pumpkin or sunflower seeds.

Dairy Replace the feta cheese with a dairy-free alternative.



Quinoa

Quinoa is a type of seed, but often used as a grain in dishes. It's gluten-free and provides vitamins, minerals, protein, and fiber, important to overall health.



Avocado

Avocados are a great source of healthy, monounsaturated fats that may help protect the heart. The high fat content makes avocados a healthier, high-calorie food option.



Cashews

Cashews are a type of nut that may provide important heart-healthy benefits. Nearly all nuts are nutrient and energy dense, making them a good high-calorie food option.



Blueberries

Blueberries contain many different compounds, such as flavonoids and resveratrol, that may help to decrease growth and stimulate self-destruction of various types of cancer cells.



Feta Cheese

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium, and vitamin D.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Prepare Quinoa & Lentils

Prepare the quinoa and lentils according to package directions. Allow to cool completely before topping salad.

3. Assemble Salad & Serve

Divide the lettuce between the 4 bowls. Top each bowl of lettuce with quinoa, lentils, avocado, feta cheese, blueberries, dried cherries, and cashews. Drizzle the poppy seed dressing over each salad to coat evenly.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board

Knife

Medium-Sized Pot (2)



4 Salad Bowls

Fatigue Buster

- Quinoa and lentils can be prepped ahead of time and stored in the refrigerator for up to 3 days.
- Ask a friend or family member to help assemble the salad.