

## Mix n Match Lunch Bowls

	Mix and Match					Notes
<b>Grains</b>	White rice	Brown rice	Quinoa	Freekeh <i>(contains gluten)</i>	Millet	Pre-prepared, can be frozen
<b>Protein</b>	Chicken	Fresh/ tinned/ smoked fish	Beans/ lentils	Tofu	Eggs	All can be marinated and pre-prepared
<b>Marinade</b>	Mexican	Italian	Teriyaki	Lemon	Balsamic	See recipes below (or omit this step)
<b>Cooked vegetables</b>	Sweet potato	Pumpkin	Zucchini	Eggplant	Carrot	Roasted or steamed, pre-prepared
<b>Raw vegetables</b>	Red/white cabbage	Carrot	Cucumber	Capsicum	Red onion	Best prepared on the day, or one day before
	Tinned beetroot	Tinned corn	Olives	Tomato	Avocado	
<b>Dressings</b>	Tahini dressing	Yogurt dressing	Herby vinegarette	Balsamic	Honey mustard	See recipes below
<b>Toppings</b>	Chopped nuts	Seeds	Sauerkraut	Seaweed flakes	Fetta cheese	Optional extra toppings to mix it up

**Marinades:** (approx. 4 servings per recipe, most can be made in advance and stored in fridge or freezer- just omit any fresh herbs)

### Mexican

1/4 cup olive oil  
2 tablespoons lime juice  
1 tablespoon rice vinegar  
1 teaspoon chili powder/ flakes  
1/2 teaspoon ground cumin  
1/8 teaspoon smoked paprika  
1 garlic clove, minced  
1/4 teaspoon salt  
1/8 teaspoon ground pepper  
1 tablespoon fresh chopped coriander (optional)

### Italian

1/4 cup olive oil  
1 tablespoon lemon juice  
1 tablespoon apple cider vinegar  
1 tablespoon water  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1 clove garlic, minced  
2 tablespoons fresh chopped parsley  
1 tablespoon fresh chopped basil

### Teriyaki

1/4 cup soy sauce  
2 teaspoon fresh grated ginger  
1/2 teaspoon sriracha  
2 cloves garlic, minced  
2 tablespoons maple syrup  
2 tablespoons chopped spring onion  
2 tablespoons rice vinegar

### Lemon

1/4 cup olive oil  
2 garlic cloves, minced  
3 tablespoons lemon juice  
1/2 teaspoon ground mustard  
1 tablespoon fresh dill  
1/2 tablespoon white rice vinegar  
2 teaspoons honey (or maple syrup)  
1/4 teaspoon salt

### Balsamic

1/4 cup olive oil  
3 tablespoons balsamic vinegar  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 cloves garlic, minced  
1 tablespoon fresh chopped basil

**Dressings:** Approx. 4 servings per recipe, most can be made in advance and stored in fridge or freezer- just omit any fresh herbs)

### Tahini

2 tbsp tahini  
3 tbsp water  
1 small garlic clove, finely minced  
1/2 cup plain or Greek yogurt  
1/2 lemon, juiced  
2 tbsp extra virgin olive oil  
1/2 tsp sumac (optional)  
2 tbsp fresh parsley finely minced (optional)  
Salt and pepper to taste

### Yogurt

1 cup Greek Yogurt  
2 cloves of garlic minced  
4 tbsp lemon juice freshly squeezed  
2 tbsp olive oil  
Salt and pepper to taste  
1/4 cup chopped fresh dill optional or dried

### Soy dressing

80ml (1/3 cup) mirin (rice wine)  
2 tbsp honey  
2 tbsp soy sauce  
4 tbsp olive oil

### Balsamic

1/4 cup balsamic vinegar  
3/4 cup extra virgin olive oil  
Salt and pepper to taste

### Honey Mustard

1/4 cup Dijon mustard  
1/4 cup honey  
1/4 cup cider vinegar  
1/4 cup vegetable or olive oil  
Salt and pepper to taste

