



Post-Workout Smoothie & Bowls

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Burrito Bowl Mason Jar

4 servings

25 minutes

Ingredients

- 1 cup Quinoa
- 2 cups Water
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Salsa
- 2 Avocado (peeled and diced)
- 2 Tomato (diced)
- 1 cup Baby Spinach (chopped)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	616
Fat	27g
Trans	0g
Carbs	61g
Fiber	19g
Sugar	2g
Protein	37g
Sodium	341mg
Iron	6mg

Directions

- 1 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 3 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Lemony White Bean & Quinoa Bowl

2 servings

25 minutes

Ingredients

2/3 cup Quinoa (dry)
2 cups Cannellini Beans (drained, rinsed)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Lemon Juice
1/2 Garlic (clove, minced)
1 tsp Dried Parsley
1/4 tsp Sea Salt
1/2 Cucumber (sliced)
1 cup Cherry Tomatoes (chopped)

Nutrition

Amount per serving	
Calories	478
Fat	5g
Trans	0g
Carbs	90g
Fiber	18g
Sugar	8g
Protein	20g
Sodium	986mg
Iron	7mg

Directions

- 1 Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
- 2 Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
- 3 In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
- 4 To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans: Use another white bean or chickpeas instead.

No Quinoa: Use brown rice or cauliflower rice instead.

More Fat: Add extra virgin olive oil to the dressing.



Lentil, Rice & Squash Bowl

2 servings

30 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
1/2 Yellow Onion (chopped)
3 Garlic (cloves, minced)
1 3/4 cups Vegetable Broth (divided)
3/4 tsp Dried Parsley
1/2 tsp Thyme (dried)
1/4 tsp Sea Salt
1/2 cup Dry Green Lentils (rinsed)
2 cups Butternut Squash (cut into 1-inch cubes)
2 cups Broccoli (cut into small florets)

Nutrition

Amount per serving	
Calories	461
Fat	3g
Trans	0g
Carbs	94g
Fiber	13g
Sugar	9g
Protein	20g
Sodium	911mg
Iron	7mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
- 3 Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
- 4 Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add other dried or fresh herbs to the lentils.

Additional Toppings: Butter or olive oil for the vegetables.

No Broccoli: Use cauliflower or green beans instead.

No Brown Rice: Use quinoa, white rice, or millet instead.



Mango Green Smoothie Bowl

1 serving

5 minutes

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	436
Fat	9g
Trans	0g
Carbs	72g
Fiber	11g
Sugar	48g
Protein	27g
Sodium	187mg
Iron	3mg

Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas: Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie: Add more almond milk for a thinner consistency.



Strawberry Tahini Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Oat Milk
- 1 cup Frozen Strawberries
- 1/2 Banana (frozen)
- 1/3 oz Collagen Powder
- 3 tbsps Hemp Seeds
- 4 leaves Romaine (washed, torn)
- 1 tsp Tahini

Nutrition

Amount per serving	
Calories	558
Fat	26g
Trans	0g
Carbs	65g
Fiber	13g
Sugar	30g
Protein	26g
Sodium	192mg
Iron	6mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Collagen Powder: Omit or use protein powder instead.

Make it Vegan: Omit the collagen powder.

No Oat Milk: Use another dairy-free milk instead.