

Boladale's Easy Meatless Meal Ideas

Breakfast Bowl

For the breakfast bowl, use the oatmeal of your choice as your base. Then add your desired toppings. I chose to add bananas, chocolate chips and almonds along with some drizzled honey.

Dinner Bowl

For the dinner bowl, cook either white or brown rice and place as a base in your bowl. In addition, bake a mixture of brussel sprouts, bell peppers, onions, and broccoli on a pan, season with salt, pepper and desired seasonings. Make sure to place the vegetables on a flatter rimmed pan so that they are able to evenly cook. To finish the bowl, you can add a protein substitute of your choice such as potatoes, beans, or mushrooms. In my bowl I choose to add both mushrooms and beans.