

Soups, Salads & Bowls

Satisfying midday meals built entirely from real, whole ingredients

Lunch is where whole-food eating shines — colorful, filling meals that take 30 minutes or less. Each recipe below provides a complete balance of protein, complex carbohydrates, healthy fats, and an abundance of vitamins and minerals from diverse vegetables and legumes.

1. Red Lentil & Sweet Potato Soup

A velvety, warming soup that comes together in one pot. Red lentils dissolve into a silky base that's naturally thick, deeply satisfying, and loaded with plant protein and beta-carotene.

10 min	25 min	4	Easy
Prep	Cook	Serves	Difficulty

INGREDIENTS

- 1 cup red lentils, rinsed
- 1 large sweet potato, peeled and cubed (about 2 cups)
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 4 cups low-sodium vegetable broth
- 1 tsp ground cumin, 1 tsp smoked paprika, 1/2 tsp turmeric
- 1 tbsp olive oil
- Salt, pepper, and lemon juice to finish
- Fresh parsley or cilantro for garnish

METHOD

1. Heat olive oil in a large pot over medium heat. Add onion and cook 4 minutes until translucent. Add garlic and spices; stir 1 minute until fragrant.
2. Add sweet potato, lentils, diced tomatoes, and broth. Stir to combine and bring to a boil.
3. Reduce heat, cover, and simmer 20–22 minutes until lentils have dissolved and sweet potato is tender.
4. Use an immersion blender to partially blend for a chunky-creamy texture (or blend fully for silky smooth). Add water if too thick.
5. Season with salt, pepper, and a generous squeeze of lemon juice. Serve topped with fresh herbs.

Chef's Tip: This soup freezes beautifully. Make a double batch and freeze in individual portions for an instant healthy meal on busy days.

310 kcal	16 g	52 g	5 g	12 g
Calories	Protein	Carbs	Fat	Fiber

2. Kale & Quinoa Power Salad

This salad actually gets better as it sits — massaged kale softens beautifully and absorbs the bright lemon-tahini dressing. Protein-rich quinoa and chickpeas make it a complete, filling meal.

15 min	15 min	3–4	Easy
Prep	Cook	Serves	Difficulty

INGREDIENTS

- 1 bunch curly kale, stems removed, leaves torn small
- 1 cup cooked quinoa (about 1/3 cup dry)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cup shredded purple cabbage
- 1 large carrot, grated
- 1/4 cup pumpkin seeds (pepitas)
- Dressing: 3 tbsp tahini, juice of 1 large lemon, 1 garlic clove (minced), 2 tbsp olive oil, 2–3 tbsp water, salt and pepper

METHOD

1. Cook quinoa: rinse, then simmer in 2/3 cup water for 12 minutes covered. Fluff and let cool.
2. Whisk all dressing ingredients together, adding water 1 tbsp at a time until smooth and pourable. Taste and adjust lemon/salt.
3. Place kale in a large bowl. Drizzle 2 tbsp of dressing over it and massage firmly with your hands for 1–2 minutes until leaves darken and soften.
4. Add quinoa, chickpeas, cabbage, carrot, and pumpkin seeds. Pour remaining dressing over and toss well.
5. Serve immediately or refrigerate up to 2 days — flavor improves over time.

Chef's Tip: Massaging kale breaks down its tough cell walls, removing bitterness and making it far more digestible and delicious. Don't skip this step!

420 kcal	18 g	50 g	17 g	11 g
Calories	Protein	Carbs	Fat	Fiber

3. Brown Rice & Roasted Veggie Buddha Bowl

The ultimate customizable whole-food bowl — nutty brown rice, caramelized roasted vegetables, creamy avocado, and a savory miso-ginger dressing. Nourishing, colorful, and endlessly variable.

10 min	30 min	2	Easy
Prep	Cook	Serves	Difficulty

INGREDIENTS

- 1 cup cooked brown rice
- 1 small zucchini, sliced into half-moons
- 1 cup broccoli florets
- 1 cup cherry tomatoes

- 1/2 can chickpeas, drained (or 1 soft-boiled egg per bowl)
- 1/2 avocado, sliced
- 1 tbsp olive oil, salt, pepper, garlic powder for roasting
- Dressing: 1 tbsp white miso paste, 1 tbsp rice vinegar, 1 tsp grated fresh ginger, 1 tsp sesame oil, 1–2 tbsp warm water

METHOD

1. Preheat oven to 425°F (220°C). Toss zucchini, broccoli, and tomatoes in olive oil, garlic powder, salt, and pepper. Spread on a baking sheet.
2. Roast vegetables 22–25 minutes, flipping once halfway, until caramelized and slightly charred at the edges.
3. Meanwhile, whisk together all dressing ingredients until smooth. Adjust with water for desired consistency.
4. Assemble bowls: start with a base of warm brown rice, arrange roasted vegetables, chickpeas, and avocado on top.
5. Drizzle generously with miso-ginger dressing and serve. Optional toppings: sesame seeds, fresh scallions, nori strips.

***Chef's Tip:** Roast a big tray of mixed vegetables on Sunday — they keep for 4 days in the fridge and instantly upgrade any bowl, grain, or wrap throughout the week.*

480 kcal	16 g	64 g	18 g	13 g
Calories	Protein	Carbs	Fat	Fiber