

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.

### Nourishment Note



#### **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 with soap and water.

### 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 Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy  
Registered Dietitians

## 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.