



Pacific Coast Naturopathic Health
Dr. Helene Pulnik ND

5 HEALTHY BOWL RECIPES FOR *Lunch or Dinner*



Chicken Bowl with Garlic Vegetables, Avocado, and Lemon Vinaigrette

Serves 2

This dish combines our love for both a salad and a bowl. You can easily substitute beef, salmon or tofu here. Feel free to play around with any green veggies you want; we developed this recipe to be adaptable to what you're craving (or what produce looks best when you're shopping).

SERVES 2

FOR THE HERB MARINADE:

cup olive oil

1 tablespoon lemon zest

1 teaspoon finely chopped rosemary leaves

1 teaspoon finely chopped thyme leaves

1 teaspoon finely chopped parsley

1 teaspoon lemon juice

salt and pepper to taste

FOR THE CHICKEN BOWL:

2 boneless skinless chicken breasts

salt and pepper to taste

$\frac{1}{8}$ cup extra virgin olive oil

2 cloves garlic, chopped

$\frac{1}{4}$ pound broccoli florets, steamed

$\frac{1}{4}$ pound haricots verts or green beans, steamed

2 cups spinach leaves

2 cups arugula leaves

1 cup brown rice, steamed

1 avocado, pitted and sliced

FOR THE DRESSING:

zest and juice of 1 lemon

2 tablespoons capers, in brine, roughly chopped

1 teaspoon Dijon mustard

1 tablespoon finely minced shallot

2 tablespoons champagne vinegar

salt and pepper to taste

$\frac{1}{4}$ cup extra virgin olive oil

1. First make the herb marinade by mixing all the marinade ingredients together. (If you're doing the annual detox, you'll already have this ready from Sunday's prep.) Use most of it to marinate your chicken the night before or at least 10 minutes before cooking. You will brush the rest over your chicken after it's done cooking.
2. To make the lemon-caper dressing, combine the lemon zest and juice in a mixing bowl. Add the chopped capers, Dijon mustard, shallot, and champagne vinegar and whisk together. While continuously whisking, drizzle in the extra virgin olive oil and whisk until emulsified. Season with salt and pepper to taste. You can make this in advance and keep it in the fridge until ready to use.
3. Preheat a grill over high heat. Place your marinated chicken breasts on the grill and season with salt and pepper. Cook until halfway done (about 3 minutes). Flip the chicken breasts over to finish cooking on the other side. Once the chicken has reached an internal temperature of 165°F, remove it from the grill and cover, allowing the chicken to rest for at least 10 minutes before slicing.
4. Meanwhile, heat the olive oil in a sauté pan until it lightly shimmers. Add the garlic and sauté until fragrant. Add the broccoli and haricots verts to the pan and toss briefly, then season with salt and pepper. Allow to cook until hot throughout.
5. Plate the spinach and arugula in 2 wide bowls and place the rice directly on top if you'd like the spinach to wilt a little or on the side if you'd prefer to eat it more like a salad. Slice your grilled chicken breast, place it on top of the rice, and baste it with the remaining marinade. Serve with sliced avocado, pickled onions, seeded crackers, and lemon vinaigrette.



Roasted Salmon and Herbed Vegetables Bowl

Serves 2

This **Roasted Salmon and Herbed Vegetables Bowl** is a nutrient-dense, protein-rich meal designed to nourish and detoxify. Featuring omega-3-packed salmon, fiber-rich roasted vegetables, and fragrant herbs, this bowl supports digestion, reduces inflammation, and promotes overall wellness. Drizzled with a light lemon-herb dressing, it's a delicious and wholesome way to reset your body!

FOR THE HERB MARINADE:

cup olive oil
1 tablespoon lemon zest
1 teaspoon finely chopped rosemary leaves
1 teaspoon finely chopped thyme leaves
1 teaspoon finely chopped parsley
1 teaspoon lemon juice
salt and pepper to taste

FOR THE SALMON BOWL:

2 pieces Wild Caught skinless salmon- can substitute chicken, shrimp, beef, tofu or beans
1 small delicata squash, halved and sliced into half-inch half-moons, with seeds scooped out
1 cup green cabbage, cut into 2-inch pieces
2 small carrots, cut into 2-inch pieces
1 small red onion, cut into 2-inch pieces
salt and pepper to taste
2 tablespoons olive oil
1 shallot, thinly sliced
2 cloves garlic, chopped
4 cups spinach
1 cup brown rice, steamed

FOR THE DRESSING:

zest and juice of 1 lemon
2 tablespoons capers, in brine, roughly chopped
1 teaspoon Dijon mustard
1 tablespoon finely minced shallot
2 tablespoons champagne vinegar
salt and pepper to taste
¼ cup extra virgin olive oil



1. First make the herb marinade by mixing all the marinade ingredients together. (If you're doing the annual detox, you'll already have this prepped from Sunday.) Use half to marinate your salmon the night before or at least 10 minutes before cooking. Toss the delicata squash, cabbage, carrots, and red onion in the other half and season with salt and pepper.
2. Preheat the oven to 475°F. Season the salmon with salt and pepper, then roast it with the squash, cabbage, carrots, and red onion on a sheet pan for about 10 to 12 minutes, depending on the thickness of your fish.
3. To make the lemon-caper dressing, combine the lemon zest and juice in a mixing bowl. Add the chopped capers, Dijon mustard, shallot, and champagne vinegar and whisk together. While continuously whisking, drizzle in the extra virgin olive oil and whisk until emulsified. Season with salt and pepper to taste. You can make this in advance and keep it in the fridge until ready to use.
4. Heat the olive oil in a sauté pan until it lightly shimmers. Add the shallot and garlic and sauté until fragrant. Turn off the heat, add the spinach, and toss briefly.
5. Plate the spinach on 2 plates and place the fish directly on top to help it wilt a little more. Serve with the steamed brown rice and lemon-caper dressing.

Black Bean & Quinoa Veggie Bowl

Serves 2

This Black Bean & Quinoa Veggie Bowl is a protein-packed, fiber-rich meal that supports digestion and detoxification. Loaded with antioxidant-rich vegetables, hearty black beans, and fluffy quinoa, it provides sustained energy while flushing out toxins. Topped with a zesty lime dressing, this vibrant bowl is both nourishing and delicious!

Ingredients:

- 2 cups canned black beans, rinsed
- 1 1/2 cup cooked quinoa
- 1/2 cup hummus
- 2 tablespoons lime juice
- 1 medium avocado, diced
- 6 tablespoons pico de gallo
- 4 tablespoons chopped fresh cilantro

DIRECTIONS

Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with avocado, pico de gallo and cilantro.

NOTES

To make ahead: Assemble the bowl up to 1 day in advance, with dressing on the side. To prevent avocado from browning if making ahead, toss with a squeeze of lime juice after dicing.



Mediterranean

Salad Bowl

Serves 2

This Mediterranean Salad Bowl is a refreshing and nutrient-packed meal filled with crisp greens, juicy tomatoes, cucumbers, olives, and protein-rich chickpeas or grilled chicken. Tossed with a zesty lemon-olive oil dressing and topped with feta cheese and fresh herbs, this bowl supports digestion, hydration, and detoxification while delivering vibrant Mediterranean flavors!

Ingredients:

2-3 cups organic leafy greens (spinach, romaine, butter lettuce, baby greens, arugula, etc)

1 medium cucumber, chopped

- 1/2 cup tomatoes, chopped
- 1/2 cup cucumbers, cubed
- 1 15.5-ounce can no-salt-added chickpeas, rinsed and drained
OR 1/2 cup cooked, diced organic chicken breast
OR 4 oz. cooked wild salmon
- 1/2 medium red onion, finely sliced
- 1/2 cup crumbled fat-free or low-fat feta cheese

OR

- 1/2 cup shredded Parmesan cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar

OR

- 2 tablespoons cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper



Dr. Helene's Favorite Add-On:

Top with fresh, organic berries and walnuts

DIRECTIONS

1. In a large bowl, gently toss the greens, cucumber, tomatoes, chickpeas, onion, and feta.
2. In a small bowl, whisk together the oil, vinegar, garlic powder, and pepper.
3. Pour the dressing over the salad, tossing to combine.

Nourishing Detox Bowl with Protein, Vegetables & Lemon-Tahini Dressing

Serves 2

This vibrant detox bowl is packed with clean protein, fiber-rich vegetables, and a zesty, nutrient-dense dressing to support digestion and detoxification. The combination of lean protein, healthy fats, and antioxidants makes this bowl perfect for a refreshing and energizing meal.

Ingredients:

- 1 cup quinoa (or brown rice), cooked
- 2 cups mixed greens (spinach, arugula, or kale)

Protein:

- 2 cup chickpeas (or grilled chicken/salmon/tofu)

Vegetables:

- ½ cup shredded carrots
 - ½ cup cucumber, diced
 - ½ cup steamed broccoli
 - ¼ cup red cabbage, shredded
- 1 tbsp pumpkin seeds (for crunch & extra detox support)

Lemon-Tahini Dressing:

- 2 tbsp tahini
- Juice of ½ lemon
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp maple syrup or honey
- 1 small garlic clove, minced
- Salt & pepper to taste
- 2-3 tbsp water (to thin the dressing)



Instructions:

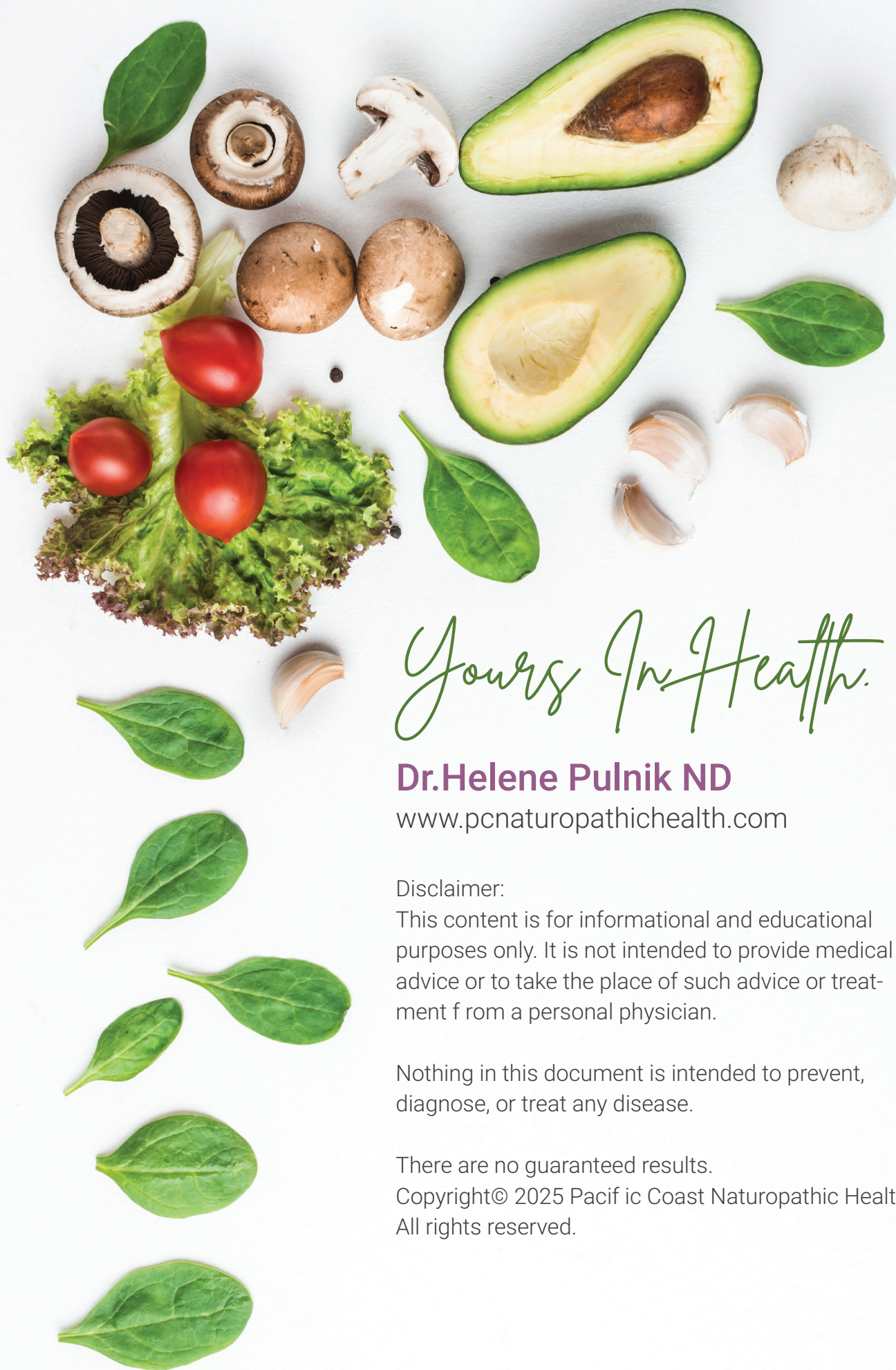
1 In a bowl, layer the cooked quinoa or brown rice with fresh greens.

2 Add chickpeas (or chosen protein) and arrange the colorful vegetables on top.

3 In a small bowl, whisk together all dressing ingredients until smooth and creamy. Add water as needed for desired consistency.

4 Drizzle the dressing over the bowl and sprinkle with pumpkin seeds.

5 Toss gently and enjoy a delicious, nutrient-packed detox meal!



Yours In Health.

Dr. Helene Pulnik ND

www.pcnaturopathichealth.com

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