

Chicken & Quinoa Power Bowl

Ingredients

- 1 cup cooked quinoa
- 1 grilled chicken breast, sliced
- 1/2 cup steamed broccoli
- 1/4 cup grated carrots
- 1/4 avocado, sliced
- 1 tbsp olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste

Instructions

1. Layer quinoa in a bowl.
2. Top with chicken, veggies, and avocado.
3. Drizzle olive oil and lemon juice.
4. Season and serve.

Health Benefits

Supports growth, digestion, and brain function.