

Salmon Quinoa Power Bowl

Ingredients

- 1 cooked salmon fillet
- 1 cup cooked quinoa
- 1/2 cup shredded carrots
- 1/2 avocado, sliced
- 1/2 cucumber, diced
- 1 tablespoon tahini or lemon dressing

Instructions

1. Place quinoa in a bowl as the base.
2. Top with salmon, carrots, avocado, and cucumber.
3. Drizzle tahini or lemon dressing over the top.

Health Benefits

A balanced, protein-rich meal loaded with fiber, healthy fats, and antioxidants. Supports digestion, energy, and muscle repair.