

MIND Diet Royal MIND Bowls

Prep time: 10 mins | Servings: 4

4c baby Kale (or other leafy green)

1 c cooked pearl barley

1 c chickpeas, drained and rinsed

1 c small broccoli florets

12 oz grilled chicken, cut into bite sized pieces

1 c canned sliced beets

1 ½ c blueberries

½ c toasted almonds

Lemon Shallot dressing

In a large bowl, layer the kale, barley, chickpeas, broccoli, chicken, beets, blueberries and almonds. Pour the dressing over the salad and toss to combine

Lemon Shallot Dressing

Prep time: 4 mins | Makes 1 cup

½ c lemon juice

¼ c Extra-vergin olive oil

2 Tbsp minced shallot

1 Tbsp minced fresh parsley or 1 tsp dried

1 Tbsp Dijon mustard

1 ½ tsp honey

In a medium bowl, whisk together all the ingredients until incorporated. Cover and store in the fridge for up to 5 days.