



# Earthy Roots

Pure. Real. Nourishment.



## ONE BOWL. ENDLESS POSSIBILITIES.

Earthy Roots is already packed with plant-based protein, fiber, and bold flavor.

Enjoy it as it is, or make it your own with your favorite toppings and sides.

*Simple. Nourishing. Your way.*



### QUICK PREP (READY IN MINUTES)

- 1 Add 1 cup (8 oz) water and stir well
- 2 Heat: microwave ~2 minutes or bring to a boil on stovetop
- 3 Stir again, cover, and let stand 5 minutes
- 4 Season with salt to taste



### FLEX YOUR WAY (OPTIONAL ADD-INS)



Add a soft-boiled egg for richness



Pair with ground turkey, chicken, or fish



Use bone broth instead of water for added protein and depth



### PLANT-BASED FAVORITES



**CREAMY COMFORT**  
Add coconut milk for a rich, velvety finish.



**MUSHROOM BOOST**  
Use mushroom broth or top with sautéed mushrooms for deep umami flavor.



**PROTEIN POWER**  
Add tofu or tempeh for extra plant protein.



**FRESH & BRIGHT**  
Finish with lime, herbs, avocado, or pickled vegetables.



**ROASTED VEGGIE BOWL**  
Pair with roasted sweet potato, squash, or greens.



**CRUNCH & TEXTURE**  
Sprinkle nuts, seeds, or crispy toppings.



### SIGNATURE COMBOS



**LENTIL TIKKA MASALA**  
+ Coconut Milk  
+ Cilantro



**BLACK BEAN CHILI**  
+ Avocado  
+ Lime



**GREEN CURRY**  
+ Tofu  
+ Fresh Herbs



### WHY EARTHY ROOTS



High plant-based protein + fiber



Made with real ingredients



No added oils or preservatives



Ready in minutes, made for real life



### PROTEIN-PACKED NOURISHMENT

18g protein (ProBowls)

14g protein (ProNutria)

## MAKE IT YOURS. YOUR WAY.

*Real Food. Real Fuel. Real Fast.*

