CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Salmon Bowl

Omega-3s & Balanced Energy

www.consciousrewire.com

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What This Supports

Supports protein intake, healthy fats, and recovery.

Why It Works

Salmon provides omega-3 fats while eggs and vegetables add protein and fiber.

Ingredients

Salmon Bowl

Ingredients:

Grassfed ghee

Himalayan or sea salt

25g smoked wild sockeye salmon

eggs

16kg bacon ends

head cauliflower

bunch watercress

/4-1/2 cup broth

Himalayan or sea salt

tbsp each: oregano, coriander, turmeric

tbsp MCT oil

Directions

. Heat enough ghee to cover the bottom of a frying pan. Add eggs and lightly scramble. Sprinkle salt on top. Put on low and let cook until eggs are done.

. In medium saucepan heat ghee and add chopped bacon ends. Cook until half cooked then add cauliflower, pinch of salt, and broth. Cover and cook until cauliflower is a little under desired doneness. Remove from heat.

. Chop watercress. Add to mixture and stir until lightly cooked.

. Cut eggs into strips and add to mixture. Let cool completely and stir in spices and MCT oil.

. Add in salmon and mix.

Best Use

Well suited post-training or for lunch.

Food Notes & Safety

Store fish carefully and keep refrigerated.

Storage & Reheating

Consume within two days.