MUSCLES MATTER

30 Fresh Bowl Recipes

Salads, protein bowls, pasta & snacks

Made for your 3-bowl bamboo set. Toss. Cover. Stack. Done.

Welcome to the table.

Thank you for grabbing our recipe book. Every recipe here was written to be mixed, served and stored in the Muscles Matter bowl set, so you can prep on the bamboo lid, toss in the bowl, put the lid on and slide it straight into the fridge.

Which bowl? Look for the size tag on each recipe:

10" **Large, 135 oz**
big salads, family pasta, mixing

8" **Medium, 78 oz**
protein bowls, sides, dips

6" **Small, 28 oz**
dressings, oats, snacks

Good to know

- Chop right on the lid. The solid bamboo lids double as cutting boards.
- Make dressings in the small bowl and shake them with the lid on.
- The bowls are top-rack dishwasher safe. Hand wash the bamboo lids.
- Don't microwave the bowls. Move food to a microwave-safe dish to reheat.

VETERAN-OWNED

Muscles Matter is a veteran-owned brand. A portion of our profits supports veteran suicide prevention organizations. Thank you for being part of it.

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Big Salads

Toss, cover and keep. Every one of these fits the 10" bowl with room to mix.

10 RECIPES

RECIPE 01

Greek Village Salad

Serves 4 | 15 minutes | Use the 10" bowl

Crunchy, salty, bright. Better after 20 minutes in the fridge with the lid on.

INGREDIENTS

- 2 English cucumbers, chunked
- 4 ripe tomatoes, cut in wedges
- 1/2 red onion, thinly sliced
- 1 green bell pepper, sliced
- 1/2 cup Kalamata olives
- 7 oz (200 g) block feta
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and pepper

STEPS

1. Chop the cucumber, tomato and pepper right on the bamboo lid and slide everything into the large bowl.
2. Add the onion and olives, then drizzle with oil and vinegar. Season with oregano, salt and pepper.
3. Lay the feta on top in one slab or crumble it. Toss gently with the spoon and spork just before serving.

RECIPE 02

Crunchy Asian Chopped Salad

Serves 4 | 20 minutes | Use the 10" bowl

Napa cabbage, edamame and a peanut-lime dressing that holds up overnight.

INGREDIENTS

- 1/2 head Napa cabbage, shredded
- 2 cups red cabbage, shredded
- 1 cup shelled edamame
- 2 carrots, julienned
- 1 red bell pepper, thin strips
- 3 green onions, sliced
- 1/4 cup chopped peanuts
- Dressing: 3 tbsp peanut butter, 2 tbsp soy sauce, juice of 1 lime, 1 tbsp honey, 1 tsp sesame oil, 2 tbsp warm water

STEPS

1. Whisk the dressing in the small bowl until smooth.
2. Add all vegetables to the large bowl.
3. Pour over the dressing, toss with the servers and top with peanuts. Lid on if you're making it ahead; it stays crunchy for a day.

RECIPE 03

Strawberry Spinach Salad

Serves 4 | 10 minutes | Use the 10" bowl

A summer favorite with goat cheese and toasted pecans.

INGREDIENTS

- 6 cups baby spinach
- 2 cups strawberries, sliced
- 1/2 cup pecans, toasted
- 1/3 cup crumbled goat cheese
- 1/4 red onion, very thin
- Dressing: 3 tbsp olive oil, 1 tbsp balsamic, 1 tsp honey, pinch of salt

STEPS

1. Shake the dressing in the small bowl with its lid on.
2. Layer spinach, strawberries and onion in the large bowl.
3. Top with pecans and goat cheese and dress right before serving.

RECIPE 04

Classic Caesar with Garlic Croutons

Serves 4 | 20 minutes | Use the 10" bowl

Homemade croutons make it. Keep them in the small bowl until the last second.

INGREDIENTS

- 2 hearts of romaine, chopped
- 2 cups day-old bread, cubed
- 2 tbsp olive oil
- 1 garlic clove, grated
- 1/2 cup shaved Parmesan
- Dressing: 1/3 cup mayo, 1 tbsp lemon juice, 1 tsp Dijon, 1 tsp Worcestershire, 1 grated garlic clove, 1/4 cup grated Parmesan

STEPS

1. Toss the bread with oil and garlic and bake at 400 F (200 C) for 8-10 minutes until golden.
2. Whisk the dressing in the small bowl.
3. Toss romaine with dressing in the large bowl, then top with croutons and shaved Parmesan.

RECIPE 05

Mexican Street Corn Salad

Serves 4 | 15 minutes | Use the 8" bowl

All the flavor of elote, none of the mess.

INGREDIENTS

- 4 cups corn kernels (charred in a hot pan)
- 1/3 cup crumbled cotija or feta
- 1/4 cup mayo or Greek yogurt
- Juice of 1 lime
- 1/2 tsp chili powder
- 1/4 cup cilantro, chopped
- 1 jalapeno, minced

STEPS

1. Char the corn in a dry skillet for 5-6 minutes, stirring once or twice.
2. In the medium bowl mix mayo, lime and chili powder.
3. Fold in the warm corn, jalapeno and cilantro, then top with cheese.

RECIPE 06

Kale, Apple & Cranberry Salad

Serves 4 | 15 minutes | Use the 10" bowl

Massaging the kale takes 60 seconds and makes all the difference.

INGREDIENTS

- 1 bunch curly kale, stems removed
- 1 apple, thinly sliced
- 1/3 cup dried cranberries
- 1/3 cup sunflower seeds
- 1/4 cup shaved Parmesan
- Dressing: 3 tbsp olive oil, 1 tbsp apple cider vinegar, 1 tsp maple syrup, 1 tsp Dijon

STEPS

1. Tear kale into the large bowl with a pinch of salt and a splash of the dressing. Massage with your hands for 1 minute.
2. Add apple, cranberries and seeds.
3. Pour over the rest of the dressing and finish with Parmesan. This one keeps for 2 days, lid on.

RECIPE 07

Sweet Pepper Cucumber Salad

Serves 2 | 10 minutes | Use the 8" bowl

The one from our video. Cool cucumber, sweet mini peppers and a spoon of chili crisp.

INGREDIENTS

- 2 cups mini sweet peppers, sliced into rings
- 1 English cucumber, sliced
- 2 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1-2 tsp chili crisp
- Sesame seeds

STEPS

1. Slice peppers and cucumber on the bamboo lid and add to the medium bowl.
2. Add vinegar, soy sauce, sesame oil and chili crisp.
3. Lid on, give it a shake, and let it sit 5 minutes. Top with sesame seeds.

RECIPE 08

Watermelon Feta Mint Salad

Serves 6 | 10 minutes | Use the 10" bowl

The easiest crowd-pleaser for a BBQ.

INGREDIENTS

- 6 cups watermelon, cubed
- 1 cucumber, cubed
- 1 cup feta, crumbled
- 1/4 cup fresh mint, torn
- Juice of 1 lime
- 1 tbsp olive oil
- Flaky salt

STEPS

1. Add watermelon and cucumber to the large bowl.
2. Drizzle with lime and olive oil.
3. Scatter feta and mint on top, finish with flaky salt. Keep the lid on and chill until serving.

RECIPE 09

Italian Chopped Salad

Serves 4 | 15 minutes | Use the 10" bowl

Salami, provolone and chickpeas. A salad that eats like a sub.

INGREDIENTS

- 1 head iceberg or romaine, chopped
- 1 can chickpeas, drained
- 3 oz salami, cut in strips
- 3 oz provolone, cubed
- 1 cup cherry tomatoes, halved
- 1/4 cup pepperoncini, sliced
- Dressing: 1/4 cup olive oil, 2 tbsp red wine vinegar, 1 tsp Italian seasoning, 1 tsp Dijon

STEPS

1. Chop everything on the bamboo lid and add to the large bowl.
2. Shake the dressing in the small bowl.
3. Toss with the servers and serve right away.

RECIPE 10

Broccoli Crunch Salad

Serves 4 | 15 minutes | Use the 8" bowl

Creamy, tangy and even better the next day.

INGREDIENTS

- 4 cups broccoli florets, chopped small
- 1/4 red onion, diced
- 1/3 cup dried cranberries
- 1/3 cup sunflower seeds
- 4 slices cooked bacon, crumbled
- Dressing: 1/2 cup Greek yogurt, 2 tbsp mayo, 1 tbsp apple cider vinegar, 1 tsp honey

STEPS

1. Mix the dressing in the bottom of the medium bowl.
2. Add broccoli, onion and cranberries and stir to coat.
3. Lid on and chill 30 minutes. Top with bacon and seeds before serving.

Protein Bowls

Meal-prep friendly. Build on Sunday, eat all week.

8 RECIPES

RECIPE 11

Spicy Salmon Cucumber Bowl

Serves 2 | 10 minutes | Use the 8" bowl

From our video. High protein and ready in minutes.

INGREDIENTS

- 2 cans (5 oz) salmon, drained
- 1 cucumber, diced
- 2 green onions, sliced
- 2 tbsp mayo or Greek yogurt
- 1 tbsp chili crisp
- 1 tsp soy sauce
- Roasted seaweed snacks, to scoop

STEPS

1. Flake the salmon into the medium bowl with a fork.
2. Add mayo, chili crisp and soy sauce and mix.
3. Fold in cucumber and green onion. Scoop up with seaweed sheets.

RECIPE 12

Chicken Quinoa Power Bowl

Serves 2 | 25 minutes | Use the 8" bowl

Our go-to meal prep: grains, greens and a sesame dressing.

INGREDIENTS

- 1 cup cooked quinoa
- 2 cooked chicken breasts, sliced
- 1 sweet potato, cubed and roasted
- 1 avocado, sliced
- 1 cup shelled edamame
- Dressing: 2 tbsp tahini, 1 tbsp soy sauce, 1 tbsp lime juice, 1 tsp honey, water to thin

STEPS

1. Roast sweet potato at 425 F (220 C) for 20 minutes.
2. Divide quinoa between bowls and top with chicken, sweet potato, edamame and avocado.
3. Drizzle with dressing. For meal prep, keep the dressing in the small bowl and the avocado whole until serving.

RECIPE 13

Mediterranean Chickpea Bowl

Serves 2 | 15 minutes | Use the 8" bowl

Plant-based, filling and all from the pantry.

INGREDIENTS

- 1 can chickpeas, drained
- 1 cup cooked couscous
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, diced
- 1/4 cup olives
- 1/2 cup hummus
- Lemon, olive oil, parsley

STEPS

1. Spread hummus along one side of the bowl.
2. Add couscous, chickpeas and the chopped vegetables.
3. Finish with lemon juice, olive oil and parsley.

RECIPE 14

Steak Burrito Bowl

Serves 2 | 25 minutes | Use the 8" bowl

Better than takeout and it travels well with the lid on.

INGREDIENTS

- 8 oz flank steak
- 1 tsp each chili powder and cumin
- 1 cup cooked rice
- 1 cup black beans
- 1 cup corn
- 1/2 cup salsa
- 1 avocado
- Lime, cilantro, sour cream

STEPS

1. Season steak with spices and salt, sear 4-5 minutes per side, rest, then slice thin.
2. Layer rice, beans and corn in the bowl.
3. Top with steak, salsa, avocado and a squeeze of lime.

RECIPE 15

Teriyaki Tofu Bowl

Serves 2 | 25 minutes | Use the 8" bowl

Crispy tofu in a sticky glaze over rice.

INGREDIENTS

- 14 oz firm tofu, pressed and cubed
- 1 tbsp cornstarch
- 1/4 cup teriyaki sauce
- 1 cup cooked jasmine rice
- 1 cup broccoli, steamed
- 1 carrot, shredded
- Sesame seeds, green onion

STEPS

1. Toss tofu in cornstarch and pan-fry until golden on all sides.
2. Pour in teriyaki and let it bubble until sticky.
3. Serve over rice with broccoli and carrot, topped with sesame and green onion.

RECIPE 16

Greek Chicken Gyro Bowl

Serves 2 | 25 minutes | Use the 8" bowl

All the gyro flavor with a quick tzatziki.

INGREDIENTS

- 2 chicken thighs
- 1 tsp oregano, 1/2 tsp garlic powder, lemon
- 1 cup cooked rice or orzo
- Tomato, cucumber, red onion
- Tzatziki: 1/2 cup Greek yogurt, 1/4 grated cucumber, garlic, dill, lemon

STEPS

1. Season chicken with oregano, garlic, lemon and salt; cook 6 minutes per side and slice.
2. Mix tzatziki in the small bowl.
3. Build bowls with rice, vegetables and chicken, and spoon over the tzatziki.

RECIPE 17

Shrimp Poke Bowl

Serves 2 | 15 minutes | Use the 8" bowl

Cooked shrimp keeps this easy and fresh.

INGREDIENTS

- 8 oz cooked shrimp
- 1 cup cooked sushi rice
- 1 mango, cubed
- 1 avocado, cubed
- 1/2 cucumber, sliced
- Sauce: 2 tbsp soy sauce, 1 tsp sesame oil, 1 tsp sriracha, 1 tsp honey

STEPS

1. Toss shrimp with half the sauce in the small bowl.
2. Add rice to two bowls and arrange the toppings in sections.
3. Top with shrimp and the rest of the sauce.

RECIPE 18

Turkey Taco Salad Bowl

Serves 4 | 20 minutes | Use the 10" bowl

Weeknight dinner in one big bowl.

INGREDIENTS

- 1 lb ground turkey
- 1 packet or 2 tbsp taco seasoning
- 1 head romaine, chopped
- 1 cup cherry tomatoes
- 1 cup shredded cheddar
- 1 cup black beans
- Tortilla chips, salsa, sour cream

STEPS

1. Brown turkey with taco seasoning and a splash of water.
2. Fill the large bowl with romaine, tomatoes and beans.
3. Top with warm turkey, cheese and crushed chips. Serve salsa and sour cream on the side.

Pasta & Sides

Cold pastas and sides you can make ahead and carry to any potluck.

6 RECIPES

RECIPE 19

Pesto Caprese Pasta Salad

Serves 6 | 20 minutes | Use the 10" bowl

Every potluck's favorite.

INGREDIENTS

- 12 oz rotini, cooked and cooled
- 1/2 cup basil pesto
- 1 cup cherry tomatoes, halved
- 8 oz mozzarella pearls
- Handful fresh basil
- Salt, pepper, squeeze of lemon

STEPS

1. Cook pasta, rinse with cold water and drain well.
2. Toss with pesto in the large bowl.
3. Fold in tomatoes and mozzarella, finish with basil and lemon. Lid on and chill.

RECIPE 20

Classic Macaroni Salad

Serves 6 | 20 minutes | Use the 10" bowl

Creamy, tangy, BBQ-ready.

INGREDIENTS

- 12 oz elbow macaroni
- 3/4 cup mayo
- 1 tbsp Dijon
- 1 tbsp apple cider vinegar
- 2 celery stalks, diced
- 1/4 red onion, diced
- 1 red bell pepper, diced
- Paprika

STEPS

1. Cook macaroni, rinse cold and drain.
2. Whisk mayo, mustard and vinegar in the large bowl.
3. Add pasta and vegetables, stir and chill at least 1 hour. Dust with paprika.

RECIPE 21

Cold Sesame Noodles

Serves 4 | 15 minutes | Use the 8" bowl

Ten-minute noodles that taste better cold.

INGREDIENTS

- 8 oz spaghetti or soba
- 3 tbsp peanut butter
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tsp honey
- Cucumber, green onion, sesame seeds

STEPS

1. Cook noodles, rinse cold and drain.
2. Whisk the sauce in the medium bowl.
3. Toss noodles in the sauce and top with cucumber, green onion and seeds.

RECIPE 22

Lemon Orzo Salad

Serves 4 | 20 minutes | Use the 8" bowl

Bright and herby, great next to grilled fish.

INGREDIENTS

- 1 cup orzo
- 1 cucumber, diced
- 1/2 cup feta
- 1/4 cup parsley and dill
- Zest and juice of 1 lemon
- 3 tbsp olive oil

STEPS

1. Cook orzo, rinse and drain.
2. Toss with lemon, oil and herbs in the medium bowl.
3. Fold in cucumber and feta.

RECIPE 23

Creamy Coleslaw

Serves 6 | 10 minutes | Use the 10" bowl

The side that goes with everything off the grill.

INGREDIENTS

- 1 bag (14 oz) coleslaw mix
- 1/2 cup mayo
- 1 tbsp apple cider vinegar
- 1 tbsp sugar or honey
- 1/2 tsp celery seed
- Salt and pepper

STEPS

1. Whisk dressing in the large bowl.
2. Add slaw mix and toss with the servers.
3. Lid on and chill 30 minutes before serving.

RECIPE 24

Herby Potato Salad

Serves 6 | 30 minutes | Use the 10" bowl

No-mayo version with a mustard vinaigrette.

INGREDIENTS

- 2 lb baby potatoes, halved
- 3 tbsp olive oil
- 1 tbsp whole-grain mustard
- 1 tbsp white wine vinegar
- 2 green onions, sliced
- 1/4 cup parsley and dill

STEPS

1. Boil potatoes until tender, about 15 minutes, and drain.
2. Whisk oil, mustard and vinegar in the large bowl.
3. Toss in warm potatoes so they soak up the dressing, then add herbs.

Snacks & Sweet Bowls

Movie nights, after-school snacks and something sweet.

6 RECIPES

RECIPE 25

Rainbow Fruit Salad

Serves 6 | 15 minutes | Use the 10" bowl

Honey-lime makes the fruit pop.

INGREDIENTS

- 2 cups strawberries
- 2 kiwis
- 1 cup pineapple
- 1 cup blueberries
- 1 mango
- 1 cup grapes
- Juice of 1 lime + 1 tbsp honey
- Mint

STEPS

1. Cut the fruit into bite-size pieces on the bamboo lid.
2. Add to the large bowl.
3. Drizzle with honey-lime and toss gently. Garnish with mint.

RECIPE 26

Movie-Night Popcorn, Three Ways

Serves 4 | 10 minutes | Use the 10" bowl

Pop one big batch, split it three ways.

INGREDIENTS

- 1/2 cup popcorn kernels, popped
- Cinnamon sugar: 2 tbsp melted butter, 1 tbsp sugar, 1 tsp cinnamon
- Parmesan herb: 2 tbsp butter, 1/4 cup Parmesan, 1 tsp Italian herbs
- Chili lime: 1 tbsp oil, zest of 1 lime, 1/2 tsp chili powder, salt

STEPS

1. Pop the kernels and divide between the three bowls.
2. Toss each bowl with its own seasoning.
3. Put the lids on and shake to coat.

RECIPE 27

Overnight Oats Bowl

Serves 1 | 5 minutes | Use the 6" bowl

Make it at night, grab it in the morning.

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk
- 1/4 cup Greek yogurt
- 1 tbsp chia seeds
- 1 tsp maple syrup
- Berries and nuts to top

STEPS

1. Stir oats, milk, yogurt, chia and maple in the small bowl.
2. Lid on and refrigerate overnight.
3. Top with berries and nuts in the morning.

RECIPE 28

Greek Yogurt Parfait Bar

Serves 4 | 10 minutes | Use the 8" bowl

Set out the bowls and let everyone build their own.

INGREDIENTS

- 3 cups Greek yogurt
- 1 1/2 cups granola
- 2 cups mixed berries
- Honey or maple syrup
- Optional: nut butter, coconut, cacao nibs

STEPS

1. Fill the medium bowl with yogurt.
2. Put granola and berries in the other bowls.
3. Drizzle honey and build parfaits.

RECIPE 29

Seven-Layer Dip

Serves 6 | 15 minutes | Use the 8" bowl

The party dip that lives in the 8" bowl.

INGREDIENTS

- 1 can refried beans
- 1 cup sour cream mixed with 1 tbsp taco seasoning
- 1 cup guacamole
- 1 cup salsa
- 1 cup shredded cheddar
- 1/2 cup black olives, sliced
- 2 green onions, sliced

STEPS

1. Spread beans across the bottom of the medium bowl.
2. Layer sour cream, guacamole, salsa, cheese, olives and onion.
3. Lid on and chill until the party. Serve with tortilla chips.

RECIPE 30

Trail Mix Snack Bowl

Serves 4 | 5 minutes | Use the 6" bowl

Pre-portion for the week and keep the lid on.

INGREDIENTS

- 1/2 cup almonds
- 1/2 cup cashews
- 1/3 cup dried cranberries
- 1/3 cup dark chocolate chips
- 1/4 cup pumpkin seeds
- 1/4 cup coconut flakes

STEPS

1. Add everything to the small bowl.
2. Lid on and shake to mix.
3. Keeps for a week at room temperature.

MUSCLES MATTER

Made something good?

Share it and tag us. We love seeing what you make.

Every set comes with a 5-year warranty. Questions? eteesupplies@gmail.com

Need a gift? The bowl set comes in White and Black.

Get another set