

THE PLAN

Recipe Card

it's time to spice up your meal prep routine! simply print, cut, and tape to a notecard to start building a collection of easy, and fun recipes to try. let us know what you think, and tag us on insta when you prep this meal!

THE MEAL PREP PLAN

RECIPE

SERVES
1 **2** 4 6 8

RATING
☆☆☆☆☆

prep time:
8 minutes

cook time:
15 minutes

total time:
23 minutes

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California Sushi Bowls

INGREDIENTS

- 1 ½ c. white rice of choice, cooked
- 4 oz. imitation crab chopped into small pieces
- 1 english cucumber, deseeded + diced
- 1-2 nori sheets, finely chopped
- 1 avocado, peeled and sliced
- ¼ c. carrots, shredded
- ⅛ c. sriracha mayo
- ¼ c. low-sodium soy sauce for serving
- sesame seeds for garnish



- 1 Prepare rice of choice according to directions, Allow cooked rice to cool completely.
- 2 Chop imitation crab meat, english cucumber - remove the seeds, and avocado into small pieces. Break up a few pieces of Nori (dried seaweed). If you are doing build your own bowls place each topping, including the carrots, into its own bowl.
- 3 Add the cooled rice to a bowl, and top with the imitation crab, cucumber, carrots, and sliced avocado.
- 4 Drizzle on the sriracha mayo and soy sauce.
- 5 Garnish with chopped nori and sesame seeds.

Once put together, it can only last about a day, stored in the refrigerator in an airtight container. To prepare beforehand, chop ingredients, store the avocado with a pit to keep it from browning, and build your bowl daily.



RECIPE INSPIRED BY SIMPLY HOMECOOKED