

Trim Healthy
W I S D O M

Sushi Bowl – (E or XO)

(Depending upon the avocado amount)

(P – I love ordering sushi when I'm out on occasion (read page 495 in THW for how to order it wisdom style), but it's also fantastic as a home choice in quick bowl form. I make veggie sushi, and it floats my boat that way. I don't enjoy sushi-style fish, but you can add smoked salmon or other sushi-appropriate fish if desired. If you wish to use smoked salmon and want to keep to an E fuel here, you may want to choose Protein Option 1 – A garnish amount (2 ounces). Most smoked salmon have substantial fat, so you'll go over E fat amounts using the standard 4–6-ounce portion. Feel free to use the standard amount if you can find a leaner smoked salmon. See Nerd Protein Notes below on how to easily acquire the rest of your protein needs if you choose Option 1.

This recipe is very customizable. Add any veggies you like. If you don't want to make the dressing... don't bother. Just top your bowl with soy sauce and a dab of wasabi, or check the note below for another yummy dressing idea. If you are a sushi rice purist and don't love the idea of mixing cauli-rice with your regular rice, that is fine. Skip the cauli-rice and just use $\frac{3}{4}$ cup regular brown rice, or perhaps you can even swing a cup full if your blood sugar handles it well. I use both kinds (brown and cauli) here because mixing the two helps enable a nice voluminous bowl without surpassing wise carb limits. But perhaps you don't need as much volume as I enjoy.)

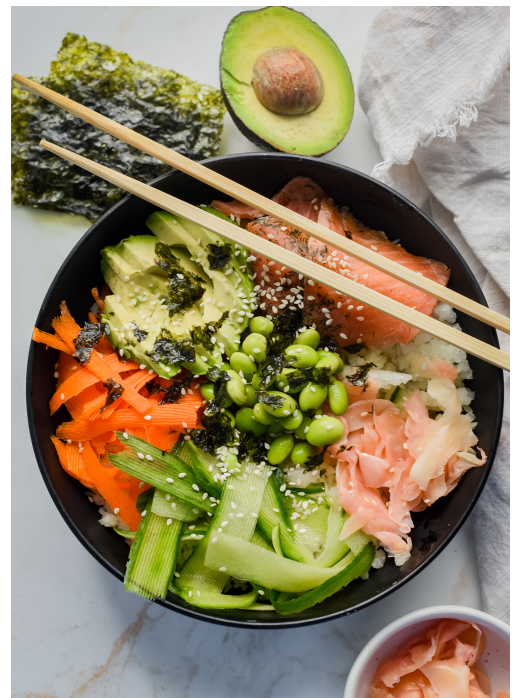
Single Serve Recipe

INGREDIENTS:

- $\frac{3}{4}$ cup pre-cooked brown rice
- $\frac{3}{4}$ cup *Cauli Rice Hack*

Optional Rice Dressing

- 1 Tbs rice wine vinegar
- 1 $\frac{1}{2}$ tsp soy sauce (or a squirt of Bragg or Coconut Liquid Aminos)
- 1 tsp [TH Gentle Sweet](#)
- wasabi to taste (about $\frac{1}{8}$ tsp)



Add In Choices

- 1 mini cucumber (peeled and thinly sliced) or 1/3 of an English cucumber
- 1/2 small carrot, thinly sliced or grated (eat the other half while you're cooking)
- 1/8 of an avocado (about 2 Tbs) for or an E or 1/2 for XO
- pickled ginger (See Note below)
- sesame seeds (very light sprinkle for E or more for XO)
- nori snacks (optional; some ripped-up pieces of nori or roasted nori snacks)
- 1/4 cup cooked edamame beans (optional)
- smoked salmon or other sushi-suitable fish of your choice (See Note below)

INSTRUCTIONS:

1. Choose if you'd like your rice hot or cold. While cold is more traditional for sushi, hot is quite delicious and if you prefer it that way, quickly heat the brown rice and the cauli-rice in a skillet or microwave. Transfer to a bowl.
2. Mix the dressing in a small cup, then pour over rice and stir it well.
3. Assemble your chosen add-ins over your rice, or mix them in.
4. Top with a little more soy sauce and wasabi if desired.

Protein Nerd Notes:

If including 2 ounces of smoked salmon, you can use 1/2 of a protein powder serving such as 1/2 Tbs of [TH ESSENTIAL](#) in water or get a half serving of [TH Optimized Whey](#) in the *Side Protein & Fiber Chocolate Milk*. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by including *PYY Booster* using 1 Tbs each of [TH Optimized Plant Protein](#) and [TH Optimized Whey Protein](#). If omitting fish altogether, use a full serving of protein on the side.

Other Notes:

(P - I got pickled ginger from Kroger. It is not exactly perfect... it has sorbitol in it, but it is only in small amounts, so it doesn't bother me. Another yummy dressing idea is to top this bowl with Plant Strong Dressing using only peanut flour rather than nut butter, as you already have fat in the form of avocado. In place of the cayenne in that recipe, mix in some wasabi. Yummm.)