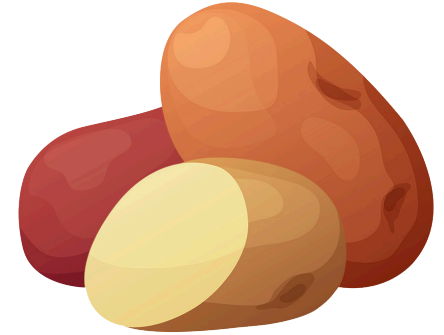


# HASH BROWN POWER BOWL

POWER PACK YOUR PERFORMANCE WITH POTATOES

## 1 POWER PACK YOUR BOWL

Build the base of your bowl with hash brown potatoes.  
A medium (5.3 ounce) skin-on potato provides 26 grams of complex carbohydrates.  
Carbohydrates are the #1 fuel for your muscles and brain.



## 2 ADD YOUR PROTEIN

Choose lean protein for muscle growth, recovery and weight maintenance.

EGGS OR EGG WHITES



DICED HAM



SHREDDED CHICKEN



## 3 CHOOSE VEGGIES FOR A FUEL BOOST

Veggies provide the nutrients to keep you energized and healthy.

BELL PEPPER



SPINACH



GREEN ONION



TOMATO



RED ONION



MUSHROOMS



## 4 FINISHING TOUCH

Add toppings to finish your bowl with added flavor and fuel.

AVOCADO



SHREDDED CHEESE



BACON



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