

Easy Ramen Bowl



- Ramen bowls are a versatile and budget friendly way to make a complete meal!
- Pro Tip: Discard the included seasoning packet and add your own spices to control the amount of salt.
- Add as many vegetables as you want or whatever you have available. There's no wrong choice!
- All types of meat can be used in ramen bowls or they can easily be made vegetarian!



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Build Your Own!

Step 1:

Choose 1

BROTH:

Chicken
Beef
Vegetable
Turkey
Seafood

Step 2:

Choose 2-3

VEGGIES:

Carrots
Corn
Onion
Mushrooms
Sprouts
Greens
Peas

Step 3:

Choose 1-2

PROTEINS

Chicken
Beef
Shrimp
Pork
Tofu
Beans
Fish
Egg

*If choosing two proteins, make one of them plant based!

Step 4:

Add some

FLAVOR:

Garlic
Ginger
Basil
Thyme
Green Onions
Salt & Pepper
Cilantro
Soy Sauce
Sesame Oil
Fish Sauce

Watch out for high salt content in sauces

Step 5:



Your Turn!

Build your own bowl!
List ingredients from
the options above:



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