DYLAN'S POKE BOWL MEAL PREP (High Protein Salmon Bowl)

This recipe makes about 4 big bowls (or 5 slightly smaller ones). Perfect for meal prep during the week.

Ingredients

3 cups cooked white rice
14 oz cooked salmon
1 cucumber
3/4 red onion
2.5 cups shelled edamame
3 cloves garlic (fresh)
1 lemon
1/2 cup nonfat Greek yogurt
1/4 cup low calorie mayo
1/4 cup sriracha
2 seaweed snack packets

Seasonings

1 tsp paprika
1 tsp garlic powder
1 tsp salt (adjust to taste)
1 to 2 tbsp furikake
Crushed seaweed from the packets above

Step by Step Instructions

Step 1. Cook the rice
Start by cooking your rice. You need about 3 cups of cooked white rice for the recipe.

You can do this a few ways:

Rice cooker (best option)
Just add your rice and water according to the cooker instructions and let it do its thing.

Pot on the stove
Add 1 cup dry rice with about 2 cups water, bring to a boil, then cover and let it simmer on low for about 15 minutes until the rice is soft.

Microwave
You can also use microwave rice if you want to keep it quick and easy.

Once it's cooked, let it cool slightly so it doesn't steam up the whole bowl.

Step 2. Cook the salmon
Next cook your salmon. You want it cooked through but still soft and tender.

Heat a pan over medium heat and add a little bit of oil.
Place the salmon in the pan skin side down (if it has skin).

Cook for about 4 to 5 minutes.
Then flip it and cook another 3 to 4 minutes until it's fully cooked but still flaky and soft inside.

Once it's done, remove it from the pan and break it into chunks with a fork.

Step 3. Prep the vegetables
Grab a large mixing bowl.

Add: 1 cucumber chopped into small slices
3/4 red onion finely diced
2.5 cups shelled edamame
3 cloves fresh garlic minced
Juice from 1 lemon

Mix that together so everything is evenly distributed.

Step 4. Add the rice and salmon
Now add your cooked rice and the salmon chunks into the bowl with the veggies.

Gently mix everything together so the rice, salmon, and vegetables are spread evenly throughout the bowl.

Step 5. Add the sauce and seasonings
Now it's time to make it taste elite.

Add into the bowl:

1/2 cup nonfat Greek yogurt
1/4 cup low calorie mayo
1/4 cup sriracha

Then season it with:

1 tsp paprika
1 tsp garlic powder
1 tsp salt
1 to 2 tbsp furikake
Crushed seaweed from the 2 snack packets

Mix everything really well until the sauce coats the rice, salmon, and veggies.

Step 6. Portion and store
Once everything is mixed together, split the bowl into 4 to 5 meal prep containers.

4 containers will give you bigger portions.
5 containers will be slightly lighter meals.

Store them in the fridge and they'll be good for several days.

Then when you're ready to eat, just grab a bowl and enjoy. Super easy, high protein, and honestly one of the best meal prep options if you're getting tired of chicken and rice.

Full Macro Breakdown:

Whole Recipe (entire bowl)

Calories 2297 kcal

Protein 162 g Carbs 222 g Fat 84 g

If you split it into 4 bowls (bigger portions)

Calories 570 kcal

Protein 43 g Carbs 55.5 g Fat 21 g

If you split it into 5 bowls (smaller portions)

Calories 460 kcal

Protein 34 g Carbs 44 g Fat 17 g

Quick Note: Losing weight & building muscle can be tough to stay consistent with on your own. That's where a coach helps. I build my clients custom meal plans that keep them in a deficit with foods they enjoy, custom workouts based on their goals and schedule, and provide weekly accountability through texts and check in calls.

If you want to explore coaching with me, fill out this form and I'll reach out to see if it's a good fit.

https://www.dkprofitness.com/1-1-coaching