

JADON COOKS

THE BOWL FORMULA

One method. Five real meals.



Real still from the Tuesday Garden Bowl video · t=420s

Learn the pattern, not just the recipe.

Every good bowl is the same five parts. Once you see it, you can open your fridge and build a real meal out of whatever's in there. That's the whole point.

- 1** BASE
something soft and filling
Roasted potatoes, rice, sweet potato.

- 2** PROTEIN
browned, not gray
Ground turkey, beef, chicken thighs, eggs.

- 3** MELT
cheese on while it is hot
White cheddar, mozzarella, feta.

- 4** FRESH
something crisp on top
Romaine, cabbage, pico, cucumber.

- 5** FINISH
oil + acid
Olive oil and balsamic. Lime and hot sauce.

The one rule: let the protein sit. If you stir it the whole time, it turns gray and boring. Let it touch the pan. Get the crispy bits.

Use it tonight: pick one base, one protein, one melt, one fresh thing, and one finish. That is dinner.

BOWL 1: THE GARDEN BOWL

45 MIN

2 SERVINGS

OVEN 400°F

~40G PROTEIN

GARDEN OPTIONAL



From the Tuesday Garden Bowl video: youtube.com/watch?v=Ns5B148IFBA

INGREDIENTS

- Potatoes
- Ground turkey
- White cheddar
- Romaine
- Balsamic vinegar
- Olive oil
- Salt, pepper, garlic powder, paprika

STEPS

1. Wash potatoes. Cut them in half — not cubes, not wedges.
2. Oil, salt, pepper, garlic powder. Flip cut-side down on the tray.
3. Roast at 400°F, 35–40 minutes. Soft inside, golden on the bottom.
4. Brown the turkey. Let it sit long enough to get crispy bits.
5. Build hot: potatoes down, turkey on top, white cheddar while it can melt.
6. Romaine on top. Balsamic and olive oil. Done.

Four more bowls from the same method.

Use the pattern. Swap the parts. Keep cooking simple.

BASE

PROTEIN

MELT

FRESH

FINISH

BOWL 2: THE RICE BOWL

Rice · browned ground beef with cumin + garlic · cheddar while hot · shredded lettuce + diced tomato · lime + hot sauce.

Tip: Cook extra rice tonight. Tomorrow's bowl is already halfway done.

BOWL 3: THE SWEET POTATO BOWL

Roasted sweet potato halves · seasoned chicken thighs · mozzarella · cucumber + red onion · olive oil + red wine vinegar.

Tip: Thighs forgive you. Harder to dry out than breasts. Start there.

Keep the formula simple: base, protein, melt, fresh, finish. Use what you have and cook it right.

Two bowls for the days you need it easy.

BOWL 4: THE MORNING BOWL

Leftover roasted potatoes crisped in a pan · 3 eggs, fried or scrambled · white cheddar · whatever greens you have · hot sauce.

Tip: This is why you roast extra potatoes. Breakfast is the payoff.

BOWL 5: THE BROKE BOWL

Rice · canned black beans + browned ground turkey — or just beans, doubled · any cheese in the fridge · shredded cabbage · lime + olive oil.

Tip: End of the month happens to everybody. This still counts as real food.



One trip. Five bowls.

Buy the main stuff once. Check your pantry before you double-buy spices and oil.

PROTEIN	BASE	FRESH	PANTRY + MELT
• Ground turkey • Ground beef • Chicken thighs • Eggs • Black beans	• Potatoes • Sweet potatoes • Rice	• Romaine • Cabbage • Cucumber • Tomato • Red onion • Limes	• White cheddar • Mozzarella • Olive oil • Balsamic • Red wine vinegar • Hot sauce • Salt, pepper • Garlic powder • Paprika, cumin

Roughly \$35–45 depending on where you live. That's a week of eating like you know what you're doing.

Small things done right.

This is the part that keeps basic food from turning into sad food.

- ✓ Ground turkey and beef: cook to safe temps. Use a thermometer. Don't guess.
- ✓ Cheese goes on while everything is hot. Cold food does not melt anything.
- ✓ Leftovers: airtight container, fridge, 3–4 days. Reheat the base and protein in a pan; add fresh stuff after.
- ✓ Salt as you go, not just at the end.
- ✓ If it tastes flat, it probably needs acid — lime, vinegar, hot sauce, or pickles.

You made something. You fed yourself. You could feed somebody else. That's the whole skill — and it compounds.

Next: Watch the full Garden Bowl video, then make one bowl this week. New recipes and guides hit your inbox first.