

HOW TO BUILD THE PERFECT BUDDHA BOWL

Build The Perfect Bowl

Basics

The categories below will help you build the foundation of a healthy plant-based bowl. By using a "mix and match" method, you won't need a specific recipe while still making sure your meal is well-rounded and satisfying. *(the list below is not exhaustive)*

Instructions

Grab your favorite bowl. Start with a base layer of greens and add a variety of starches, additional vegetables & legumes. Top with nuts & seeds. Dress with your favorite sauce and spices. Enjoy the good vibes from having a happy & satisfied belly.

Starches

Rice, Quinoa, Barley,
Buckwheat, Millet, Spelt, Corn,
Whole Grain Pasta or Bread,
Puffed or Flaked Grains,
Potatoes, Sweet Potatoes,
Pumpkin, Winter Squashes

Legumes

Black Beans, Kidney Beans,
Navy Beans, Lima Beans,
Cannellini Beans, Pinto Beans,
Peas, Lentils, Peas,
Soy Beans, Tofu, Tempeh

Veggies

Asparagus, Broccoli, Brussels
Sprouts, Carrots, Cauliflower,
Green Beans, Mushrooms,
Avocado, Green Beans, Bell
Peppers, Eggplant, Zucchini,
Tomatoes, Spinach, Cabbage,
Bok Choy, Lettuce, Kale

Fruit

Apples, Oranges, Bananas,
Stone Fruit, Berries, Melons,
Pineapples, Mangoes,
Lemons, Pears

Nuts/Seeds

Coconut, Almonds,
Walnuts, Hemp Seeds, Flax,
Chia, Sesame, Pumpkin,
Cashews, Hazelnuts

Spices + Sauce

Salt, Pepper, Fresh or Dried
Herbs, Paprika, Cayenne,
Mustard, Ketchup, Tomato
Paste, Maple Syrup, Stevia,
Nutritional Yeast, Hot Sauce,
Vinegar, Soy Sauce, Onion,
Garlic, Ginger, Miso, Veggie
Broth

Maple Tahini Glow Bowl

Recipe modified from TheGlowingFridge.com

Ingredients

1 cup quinoa, cooked
3 cups raw kale, de-stemmed
1/2 lemon, juiced (to massage kale)
2 cups broccoli florets
1/3 block of tempeh, crumbled
1-2 cups baby heirloom tomatoes, halved
4-6 slices fresh cucumber
sprinkling of sesame seeds

Maple Turmeric Tahini Dressing

1/4 cup tahini
1/4 cup water
2 tablespoons fresh lemon juice
1 tablespoon pure maple syrup
1 tablespoon low-sodium tamari (or liquid aminos/soy sauce)
1/4 teaspoon ground turmeric

Instructions

Start by massaging the kale with fresh lemon juice to break down the fibrous leaves. Let sit for about 10 minutes.

Heat a pan on medium-high heat. Spray with non-stick coconut oil spray and sauté the broccoli just until softened, about 4-5 minutes. Don't overcook it to mush!

Start assembling your bowls by dividing the cooked quinoa, kale, broccoli, tomatoes, cucumber, and optional sesame seeds.

In a small bowl, combine all the dressing ingredients and whisk until smooth and creamy. Pour over your macro bowls.

Mix it all up and dig in! Enjoy!