

Your Guide to Wholesome Buddha Bowls

By: www.activevegetarian.com

--- 100% Plant Based - Gluten Free ---

STEP 1 -- START WITH YOUR VEGGIES --

--- try a combination of: ---

raw: massaged kale/arugula/spinach/romaine lettuce/swiss-chard/carrots/radish/cabbage/cucumber/tomatoes/peppers

lightly steamed or cooked:

broccoli/cauliflower/zucchini/beets/brussel sprouts/asparagus/peas/corn/mushrooms

STEP 2 -- ADD A HEALTHY GRAIN/STARCH --

cooked: sweet potato/squash/quinoa/brown rice/wild rice/millet/amaranth/buckwheat/farro/soba noodles

STEP 3 -- PICK A PROTEIN BOOST --

chickpeas/black beans/pinto beans/lentils/edamame/tempeh

STEP 4 -- ADD A HEALTHY FAT --

avocado/pre-soaked nuts (almonds, cashews, walnuts, pecans)/pre-soaked seeds (pumpkin, sunflower, sesame)/hemp hearts chia seeds/shredded coconut

STEP 5 -- SUPERFOOD BOOST --

nutritional yeast/goji berries/sprouts/raw sauerkraut or kimchi/seaweed (kelp, dulse)/fresh herbs (cilantro, parsley, basil, mint, chives)

STEP 6 -- DRESS IT UP --

keep it simple: apple cider vinegar/balsamic vinegar/lemon juice/lime juice/cold press olive oil/hemp oil/flax oil

make it fancy: find delicious recipes on www.activeVegetarian.com
mango avocado/curry hummus/carrot miso/tahini ginger

How to portion your buddha bowl:

All kinds including carrots, beets, broccoli, cauliflower, summer and winter squash, cabbage

Kale, Spinach, Mustard Greens, Collared Greens, Swiss Chard, Arugula, Micro Greens, Romain, Basil, Parsley, Cilantro

1/4
Other Vegetables
(raw or cooked)

1/4
Green Leafy
Vegetables &
Fresh Herbs
(preferably raw)

1/6
Healthy
Fats

1/6
Whole
Grains

1/6
Sprouts &
Legumes

Avocado, sprouted nuts and seeds, hemp oil, flax oil, coconut oil

Alfalfa, chickpea, mung beans, lentils, Azuki Beans, Green Peas

Such as quinoa, sprouted grain bread, oats

