# 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

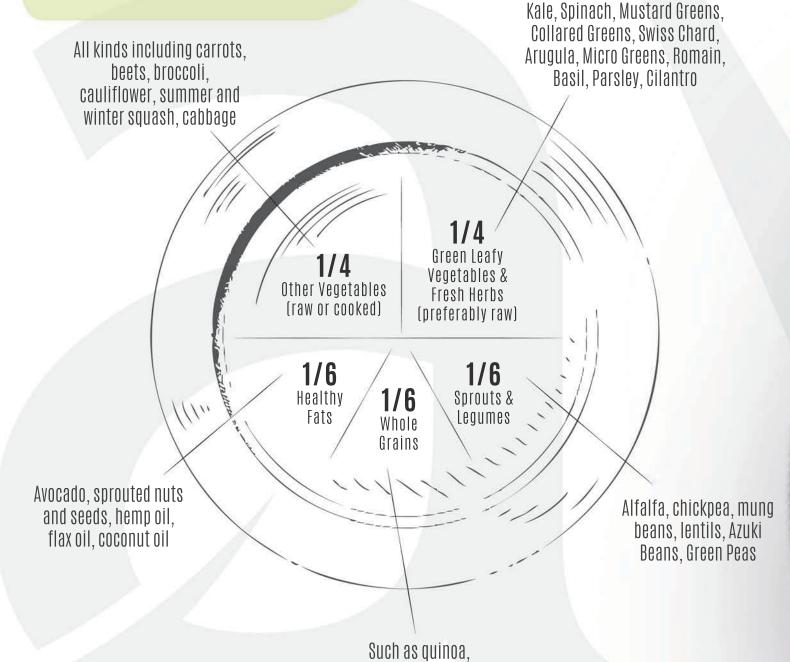
#### STEP 2 -- ADD A HEALTHY GRAIN/STARCH --

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

#### STEP 3 -- PICK A PROTEIN BOOST --

chickpeas/back beans/pinto beans/lentils/edamame/tempeh

# How to portion your buddha bowl:



sprouted grain bread, oats

#### 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 <a href="https://www.activeVegetarian.com">www.activeVegetarian.com</a> mango avocado/curry hummus/carrot miso/tahini ginger

