

# BUDDHA BOWL

basics



**GRAINS** 1/4 of your bowl  
quinoa, brown rice, couscous

1/4 of your bowl  
hummus, black beans, edamame,  
hard boiled egg, chicken, tofu, fish

**PROTEINS**

**VEGGIES** 1/2 of your bowl  
spinach, arugula, roasted sweet potato,  
roasted cauliflower, cucumber, tomato,  
mushrooms, roasted brussels sprouts,  
cooked beets, steamed asparagus, roasted  
carrots, zucchini, sliced radishes, peas, etc

3-4 tbs  
avocado, tahini, flax seed,  
almonds, cashews, chia seeds,  
pesto, nut butters, pine nuts

**HEALTHY FATS**