

BUILD YOUR OWN BUDDHA BOWL!

PICK YOUR BASE - Add 1 serving (1 cup)

- Leafy Greens
- Spinach
- Kale
- Arugula
- Raddichio

ADD VEGGIES - Add 1 serving (½ cup)

- Cucumber
- Zucchini
- Carrots
- Sweet bell peppers
- Red Onions
- Pickled cabbage
- Cauliflower
- Broccoli
- Beets

PACK THE PROTEIN! - Add 1 serving (75g or ½-¾ cup)

- Chicken, turkey
- Beans, lentils, chickpeas
- Edamame
- Tofu
- Fish
- Beef, pork
- Egg
- Cheese (Cheddar, Feta, Goat)

GO FOR GRAINS – Add 1-2 Servings (½-1 cup)

- Rice (brown, wild, basmati)
- Sweet potato
- Corn
- Millet
- Bulgur
- Quinoa
- Buckwheat
- Barley
- Wheat berries
- Noodles (rice, soba)

TRY SOME FRUIT?! - Add 1 serving (½ cup fresh or ¼ cup dried)

- Strawberries
- Blueberries
- Mandarin oranges
- Apple
- Craisins, raisins, apricots
- Dates

HEALTHY FATS – Add 1 serving (1-2 Tbsp)

- Avocado
- Nuts
- Seeds
- Chia seeds
- Olive oil
- Avocado oil

ADD ON'S!

- Kimchi
- Sesame Seeds
- Lemon Juice
- Peanut Sauce
- Nutritional Yeasts
- Spices (curcumin, curry)
- Cilantro
- Mint

