

Combine grains of your choosing with an assortment of raw, roasted, or baked veggies.

Add protein such as meat, legumes, or tofu.

Finish it off with your choice of seasonings and dressings.

# How to Make Your Own



## Thai Buddha Bowl

Quinoa, mixed greens, cooked tempeh, red bell pepper, purple cabbage, roasted sweet potato, ginger, grated carrot, edamame, and avocado.

*Pair with sweet chill sauce.*



## Vegan Buddha Bowl

Quinoa, broccoli, roasted red peppers, kale, carrots, mixed greens, sliced avocado, hummus, and tofu.

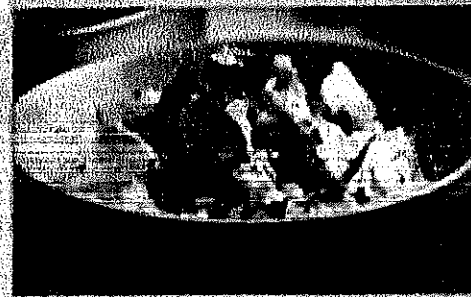
*Pair with olive oil and seasonings.*



## Curry Buddha Bowl

White rice, spinach, cauliflower, fresh parsley, coriander, turmeric, tandoori chicken, and ginger.

*Pair with a coconut yogurt dressing.*



## Greek Buddha Bowl

Barley, spinach, crumbled feta, tomatoes, cucumbers, olives, lamb meatballs, and lemon wedge.

*Pair with roasted red pepper hummus.*

## Southwestern Buddha Bowl

Brown rice, spinach, corn, Cotija cheese, avocado, red bell pepper, and black beans.

*Pair with an avocado cilantro lime dressing.*

## Italian Rustic Buddha Bowl

Farro, spinach, fresh mozzarella, roasted red peppers, sun-dried tomatoes, olives, cannellini beans, and capers.

*Pair with olive oil and vinegar.*

## Base

Lettuce  
Watercress  
Swiss Chard  
Leafy Greens  
Baby Spinach  
Soba Noodles  
Raddichio  
Kale

## Veggies

Carrots  
Broccoli  
Cauliflower  
Green Beans  
Cucumber  
Tomatoes  
Zucchini

## Protein

Eggs  
Beef  
Quinoa  
Chicken  
Seafood  
Lentils  
Tofu

# Buddha Bowl Bliss

## Complex Carbs

Corn  
Brown Rice  
Wheat Berries  
Sweet Potatoes  
Buckwheat  
Barley  
Peas

## Flourish

Chives  
Cilantro  
Hummus  
Peanut Sauce  
Avocado  
Tahini  
Basil  
Mint

## Crunch

Cucumber  
Red Pepper  
Sesame Seeds  
Snow Peas  
Chia Seeds  
Edamame  
Nuts

## Sweet

Apples  
Blueberries  
Strawberries  
Raspberries  
Any Berries  
Papaya  
Mango