

## Make your Buddha Bowl



Buddha Bowls are fun to make! You get to create your own by adding ingredients you like. No two have to be the same – mix it up! A classic Buddha bowl includes a whole grain (or starchy veg), lean protein, tons of vegetables, nuts or seeds possibly, and a dressing of your choice that adds a punch of flavor!



### PICK ONE WHOLE GRAIN OR STARCHY VEG:

- Cooked brown rice
- Quinoa
- 100% whole grain pasta
- Polenta
- Sweet potato or potato

### PICK ONE LEAN PROTEIN SERVING:

- Black beans
- Garbanzo beans (*or other beans*)
- Lentils
- Chicken breast
- Seasoned ground turkey
- Crumbled veggie burger

### ADD IN NUTS OR SEEDS, IF DESIRED

- Pumpkin seeds
- Sunflower seeds
- Almonds
- Pistachios
- Walnuts, etc.

### PILE HIGH WITH GREENS AND VEGETABLES

- Spinach
- Mushrooms
- Broccoli
- Carrots
- Cauliflower
- Green onions
- Peas
- Tomatoes
- Bell peppers & more!

### ADD IN YOUR DRESSING OR FLAVOR BOOSTER

- Healthy salad dressing (*pass on heavy creamy dressings*)
- Hummus
- Avocado
- BBQ sauce
- Chili sauce
- Ginger dressing
- Soy sauce
- Balsamic vinegar or glaze
- Salsa or pico de gallo
- Sriracha or other hot sauce
- Pasta sauce