

Buddha Bowl Guide

BASE

PICK ONE

- BROWN RICE
- QUINOA OR OTHER GLUTEN-FREE GRAINS
- SWEET POTATOES
- BROWN RICE PASTA
- MIXED GREENS

GREENS

PICK ONE OR TWO

- SPINACH
- MASSAGED OR SAUTEED KALE
- STEAMED, ROASTED, OR SAUTEED VEGETABLES EXCEPT WHITE POTATO
- SPRING MIX
- BABY KALE
- ARUGULA

PROTEIN

PICK ONE OR TWO

- COOKED EGGS
POACHED, SCRAMBLED, HARD-BOILED,
FRIED (USE OLIVE OR COCONUT OIL)
- BEANS, PEAS, OR LENTILS
- GRASS-FED BEEF
- WILD-CAUGHT SALMON OR OTHER FISH
- FREE RANGE POULTRY

MORE VEGGIES

PICK ONE OR TWO

- MUSHROOMS
- ONIONS & PEPPERS
- BROCCOLI, BRUSSEL SPROUTS, BEETS,
CAULIFLOWER, PEAS
- TOMATOES
- CUCUMBER
- HALF AN AVOCADO
- ANY RAW OR ROASTED VEGGIE
EXCEPT WHITE POTATO

TOP IT OFF

PICK ONE OR TWO

- NON-DAIRY CHEESE
- FRESH HERBS
- CHOPPED ALMONDS OR OTHER NUTS
- SEEDS: CHIA, HEMP, FLAXSEED, SESAME,
PUMPKIN
- SPROUTS OR MICROGREENS
- NON-DAIRY PARMESAN CHEESE
- CASHEW CHEESE / PARMESAN SEE PG 2
- ANY DRIED SPICES OR HERBS

SAUCE

OPTIONAL

- SALSA
- TAHINI DRESSING
- HOT SAUCE
- HOMEMADE VINEGARETTE
- FRESH LEMON
- HUMMUS
- BRAGG'S COCONUT AMINOS
- TAMARI SOY PRODUCT
- BRAGG'S LIQUID AMINOS SOY PRODUCT

Vegan Parmesan

- $\frac{1}{3}$ cup cashews, raw and unsalted
- 1- $\frac{1}{2}$ tbsp nutritional yeast
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp sea salt
- EVOO (Extra Virgin Olive Oil)

In a processor/blender add ingredients for vegan parmesan and pulse, add just enough EVOO to the cashews to make it moist, but only pulse until crumbly, not creamy.

