

BUDDHA BOWL BRILLIANCE

Dressing



Balsamic,
creamy,
asian, green
goddess, or
your favorite

Cooked Grains



Farro,
Buckwheat,
Barley, Quinoa,
Millet

Herbs



Basil,
Parsley,
Mint,
Cilantro,
Tarragon

Veggie



Any kind:
sauteed,
steamed,
blanched,
grated, or
roasted

Protein



Beans, Tofu,
Seitan, Tempeh,
Hummus,
Falafel

Healthy Fat



Nuts, Seeds,
Olives,
Avocado

Crunch



Dark leafy Greens,
cucumbers,
radishes, sprouts,
microgreens