



## Plant Based Buddha Bowls





# Step 1: Combine

**Greens**



**Grains**



**Vegetables**



**Nuts/Seeds**



**Protein**



**Dressing**



## Step 2: Enjoy



**The only limit is  
your imagination**

# Examples

- **Power Bowl:** Baby spinach + sliced avocado + grated carrot+ roasted chickpeas in cumin+ cooked tricolour quinoa+ hummus. Drizzled with lemon tahini dressing
- **Feeling spicy:** Rocket + baked spicy sweet potato + cooked quinoa mixed with pomegranate seeds + guacamole. Drizzled with balsamic-maple vinaigrette
- **Warm Bowl:** Cooked spinach + cooked King couscous + marinated roasted mushrooms + roasted asparagus + roasted tomatoes with parsley and sliced avocado Drizzled with lemon and olive oil

# Examples

- **Mexican Bowl:** baby spinach + black beans + cooked Freekah + roasted potatoes marinated in tomatoes + grated carrots +pumpkin seeds + guacamole dressing
- **Peanut Tofu Bowl:** spinach + grated carrots+ roasted broccoli florets + marinated Thai tofu + cooked brown rice  
Drizzled with satay dressing
- **Millet bowl:** chopped kale + cooked millet + black olives + marinated mushrooms + baked pumpkin pieces. Drizzled with a French dressing