

Build-Your-Own Buddha Bowl

This is honestly how I plan most of our weeknight meals. The possibilities are endless!

CHOOSE YOUR:

1



BASE

- Rice
- Romaine
- Quinoa
- Couscous
- Pasta
- Noodles
- Baked Potato
- Bread/Tortilla

2



PROTEIN

- Tofu
- Tempeh
- Beans/Lentils
- Chickpea Salad
- Veggie Burger
- Faux Meat

3



VEGGIES

- Steamed Veggies
- Sautéed Veggies
- Shredded/Julienned Veggies
- Roasted Veggies
- Chopped Lettuce
- Chopped Tomatoes and/or Cucumbers

4



SAUCE

- My Favorite Hummus (page 142)
- Tahini "Crack" Sauce (page 150)
- Lemon Miso Tahini Dressing (page 140)
- Ketchup/Mustard
- Nacho Cheese Sauce (page 146)
- Cashew Caesar Salad Dressing (page 139)
- Aunt Carol's Vinaigrette (page 141)
- Creamy Marinara Sauce (page 145)
- Peanut Satay Sauce (page 148)

5



TOPPINGS

- Nuts and/or seeds
- Fresh herbs
- Chili flakes
- Salt and Pepper
- Parmesan Cheese (page 144)
- Sriracha