

Buddha Bowl Bliss

Base

Lettuce
Watercress
Swiss Chard
Leafy Greens
Baby Spinach
Soba Noodles
Raddichio
Kale

Veggies

Carrots
Broccoli
Cauliflower
Green Beans
Cucumber
Tomatoes
Zucchini

Protein

Eggs
Beef
Quinoa
Chicken
Seafood
Lentils
Tofu

Complex Carbs

Corn
Brown Rice
Wheat Berries
Sweet Potatoes
Buckwheat
Barley
Peas

Flourish

Chives
Cilantro
Hummus
Peanut Sauce
Avocado
Tahini
Basil
Mint

Crunch

Cucumber
Red Pepper
Sesame Seeds
Snow Peas
Chia Seeds
Edamame
Nuts

Sweet

Apples
Blueberries
Strawberries
Raspberries
Any Berries
Papaya
Mango