



HealthSpan  
WELLNESS

# The Buddha Bowl System

*Whole food meals made easy*

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# Introduction

When it comes to prepping healthy food, we believe in systems and shortcuts – systems that help you prepare whole food, plant-centric meals, that are vibrantly colorful, deliciously flavorful, and flexible enough to focus on the foods that help you feel your best.



# Guide to The Buddha Bowl System

Buddha bowls are one-dish plant-based meals. The story goes that Buddha would visit villagers with an empty bowl. They would offer him an assortment of vegetarian foods until his bowl was overflowing with abundance.

Buddha bowls are beautiful, nourishing, often enjoyed cold (depending on the season), and can be made from leftovers, or prepped in advance. The ingredients are arranged artfully, being attentive to color and design. Being one-dish meals, clean-up is minimal and family members can pick and choose their portions, ingredients and dressing. Buddha Bowls are flexible enough for both lunch and dinner meals.

While Buddha Bowls are traditionally vegetarian, Nourish Bowls are the equivalent that include animal proteins. Whether your meal is all plants, or mostly plants, whole food plant-centric meals have color, fiber, flavor, and are built around the plants.

# How to work the Buddha Bowl system

- 1** Before doing grocery shopping for the week, choose 2-3 ingredients from each category in the Mix and Match Ingredient Chart for Buddha Bowl Freestyling.
- 2** After your grocery shop, cook any vegetables, grains or beans ahead. Keep them sealed separately in air-tight containers in the fridge, these will store well for 3-5 days.
- 3** Wash and chop the vegetables you'll need and keep in air-tight containers in the fridge.
- 4** Wait to assemble the bowls until the day of

## SOME SHORTCUTS



Keep canned beans on hand for quick use purchase vegetables pre-washed and chopped.



Have your grocery list do double-duty. Make extra portions at dinner and use leftover vegetables, grains, beans to assemble into a buddha bowl for the next day.



Use store-bought dressings or make a larger batch of homemade dressings (most will keep well in the fridge for up to 7 days)

# Mix and Match Ingredient Chart for Buddha Bowl Freestyling

VEGETABLES	GRAINS AND ROOT VEGETABLES	VEGETARIAN PROTEIN OPTIONS	GARNISH
<ul style="list-style-type: none"> <li>Cauliflower</li> <li>Cucumbers</li> <li>Artichoke hearts</li> <li>Water chestnut</li> <li>Scallions</li> <li>Mushrooms</li> <li>Onions</li> </ul>	<ul style="list-style-type: none"> <li>Onion</li> <li>Potatoes (skin on)</li> <li>Rutabaga</li> <li>Barley*</li> <li>Basmati rice</li> <li>Brown rice</li> <li>Buckwheat</li> <li>Bulgur*</li> <li>Couscous*</li> <li>Farro*</li> <li>Quinoa</li> <li>Wild rice</li> <li>Beets</li> </ul>	<ul style="list-style-type: none"> <li>Hummus</li> <li>Garbanzo beans (chick peas)</li> <li>White northern beans</li> <li>White kidney beans</li> <li>Navy beans</li> <li>Tofu</li> <li>Tempeh</li> <li>Cheese</li> <li>Eggs</li> </ul>	<ul style="list-style-type: none"> <li>Almonds</li> <li>Cashews</li> <li>Hemp hearts</li> <li>Pine nuts</li> <li>Sesame seeds, golden</li> <li>Sunflower seeds</li> <li>Toasted beans - soy nuts, toasted chickpeas</li> <li>Walnuts</li> </ul>
<ul style="list-style-type: none"> <li>Radicchio</li> <li>Radishes</li> <li>Red Cabbage</li> <li>Red Onion</li> <li>Red peppers</li> <li>Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>Beets</li> </ul>	<ul style="list-style-type: none"> <li>Adzuki beans</li> <li>Black beans</li> <li>Black-eyed peas</li> <li>Pinto beans</li> <li>Red Kidney beans</li> </ul>	<ul style="list-style-type: none"> <li>Dried cranberries</li> <li>Olives, black</li> <li>Pomegranate seeds</li> <li>Raisins</li> <li>Sesame seeds, black</li> </ul>
<ul style="list-style-type: none"> <li>Corn</li> <li>Peppers, orange</li> <li>Pumpkin</li> <li>Squash – all types: butternut, acorn, spaghetti</li> <li>Yellow peppers</li> </ul>	<ul style="list-style-type: none"> <li>Carrots</li> <li>Sweet potato</li> <li>Turnip</li> <li>Yams</li> </ul>		<ul style="list-style-type: none"> <li>Lemon</li> </ul>
<ul style="list-style-type: none"> <li>Arugula</li> <li>Asparagus</li> <li>Bok choy</li> <li>Broccoli</li> <li>Brussel sprouts</li> <li>Celery</li> <li>Collards</li> <li>Chard</li> <li>Field greens</li> <li>Green beans</li> <li>Green cabbage</li> <li>Green peppers</li> <li>Kale</li> <li>Lettuce (of all types)</li> <li>Mesclun Mix</li> <li>Microgreens (of all types)</li> <li>Onion, green</li> <li>Peas (snap, garden)</li> <li>Rapini</li> <li>Spinach</li> <li>Sprouts, all types (alfalfa, bean, broccoli)</li> <li>Zucchini</li> </ul>		<ul style="list-style-type: none"> <li>Fava beans</li> <li>Green lentils</li> <li>Lima beans</li> <li>Soybeans (edamame)</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> <li>Guacamole</li> <li>Pumpkin seeds</li> <li>Green olives</li> <li>Herbs – fresh parsley, cilantro, basil, dill, mint</li> <li>Lime</li> </ul>

\*naturally contain gluten



# Tips for Assembling Buddha Bowl



- 1** Pick an ingredient or two from each category
- 2** Heating is optional
- 3** Assemble in a bowl
- 4** Drizzle with dressing of your choice
- 5** Garnish with gusto
- 6** Mix and enjoy

A glass jar filled with a yellow dressing sits on a dark, textured surface. In the background, a white bowl contains a Buddha bowl with green leafy vegetables, orange slices, and other ingredients. A metal whisk is visible in the foreground, partially overlapping the jar.

# Dressings for Buddha Bowls

# Oriental Sesame

Spicy and Saucy with a Hint of Sweet. Pairs pleasantly with rice, edamame, avocado, cucumber



Makes 8 servings



## Ingredients

- ½ cup sesame oil
- ½ cup soy sauce (or coconut aminos)
- 2 tbsp maple syrup
- 2 tsp sriracha
- 2 garlic cloves, minced
- 2 tbsp ginger, grated

## Nutritional facts per serving (2 tbsp)

Calories	152
Fat	14g
Carbs	7g
Sugar	6g
Fiber	0g
Protein	0g
Sodium	305g



# Zesty Lemon Tahini Dressing

Dreamy and Creamy, Just like Tahini, yet pours like a dressing  
Pairs pleasantly with couscous, cherry tomatoes, baby spinach, black beans, pine nuts, parsley.



Makes 8 servings

## Ingredients

- ½ cup tahini paste
- ½ cup lemon juice
- 3 tbsp maple syrup
- 2 tbsp extra virgin olive oil
- ¾ cup water



## Nutritional facts per serving (2 tbsp)

Calories	142
Fat	11g
Carbs	9g
Sugar	5g
Fiber	1g
Protein	3g
Sodium	19g



# Honey Dijon Mustard Dressing

Sweet. Mellow. Golden.  
Pairs nicely with leafy greens,  
steamed rapini, mellows out the  
bitterness.



Makes 8 servings



## Ingredients

- ½ cup extra virgin olive oil
- ½ cup apple cider vinegar
- 2 tbsp honey
- 4 tsp Dijon mustard
- 4 tsp prepared yellow mustard
- 2 small cloves minced garlic

## Nutritional facts per serving (2 tbsp)

Calories	141
Fat	14g
Carbs	5g
Sugar	4g
Fiber	0g
Protein	0g
Sodium	54g

