

HOW TO BUILD A HIPPIE BUDDHA BOWL

GREENS AND/OR GRAINS

MIXED GREENS
ARUGULA
SPINACH
DANDELION GREENS

BROWN RICE
WHITE RICE
BUCKWHEAT
QUINOA



VEGGIES

CARROTS
BRUSTLE SPROUTS
CABBAGE
BROCCOLI
CUCUMBERS

PROTEIN

LEAN CHICKEN
BEANS
HARD-BOILED EGG



SWEET

BLUEBERRIES
APPLES
MANGOES
STRAWBERRIES
RAISINS

CRUNCHY

PICKLES
NUTS
ONIONS
SEEDS



TOPPINGS

FRESH HERBS
HEMP SEEDS
GREEK OLIVES
SAUERKRAUT
KIMCHI
PICKLED BEETS
GINGER



SIDES AND HEALTHY FATS

HUMMUS
GUACAMOLE
AVOCADO AND AVOCADO OIL
OLIVE OIL
HEALTHY HOMEMADE DRESSING