

# Jeanne Journal

Buddha Bowl Menu Suggestions		
<p>Start with this list, then add other ingredients in the space provided. When planning your menu keep in mind color, texture and flavor. A combination of all three elements makes for a delicious and beautiful salad.</p>		
<p><b>Vegetables - choose 4 or 5</b></p>		
<b>Raw: Julienne, sliced, shaved or spiralized</b>	<b>Cooked: Roasted, baked, blanched or steamed</b>	
Avocados	Florets of Cauliflower or broccoli	
Tomatoes	Sautéed greens - kale, spinach, swiss chard	
Carrots	Roasted spiced carrots, parsnips or turnips	
Purple cabbage, beets or raddishes	Roasted Squash - Butternut, Delicata or Carnival	
Lettuces - kale, spinach, arugula or baby mix	Asparagus - blanched or roasted	
Cucumber, fennel and/or celery	Beets	
Assorted sprouts	Sauteed mushrooms - sliced or diced	
Florets of cauliflower or broccoli	Sweet Potatoes	
Sliced mushrooms	Bell peppers	
Bell peppers	Edamame	
<p><b>Proteins - choose 4 or 5</b></p>		
<b>Vegetarian: Can be roasted or toasted</b>	<b>Eggs, Cheese, Meat and Seafood:</b>	
Beans - White, red, pink or black	Eggs - boiled or alternatively cooked	
Quinoa	Cheese - sliced or diced	
Lentils	Chicken or Turkey - sliced, diced or shredded.	
Cashews, walnuts, almonds,	Cooked shrimp, scallops or lobster	
Pumpkin, sunflower or sesame seeds		
Tofu or Tempeh		
Chickpeas (or other bean) sautéed with spices		
<p><b>Grains: choose of 1 or 2</b></p>		
<b>Dressings: choose 1 or 2</b>		
Rice - Brown, white or black	Lemon Tahini	
Millet	Dijon vinaigrette	
Bulgar	Red Pepper - Cilantro	
Farro	Basil Pesto	
Wild rice		