

10 HEALTHY VEGETARIAN BOWLS

for a Balanced Diet





MEDITERRANEAN QUINOA POWER BOWL



1 SERVINGS



25 MINS

CALORIES
594

PROTEIN
15G

FATS
25G

CARBS
73G

INGREDIENTS

- 1 cup cooked quinoa
- ½ cup chickpeas
- ¼ cup diced cucumber
- ¼ cup cherry tomatoes
- ¼ cup diced red onion
- 2 tablespoons kalamata olives
- 2 tablespoons tahini dressing
- Fresh parsley for garnish

METHOD

1. Cook the quinoa according to the package instructions and let it cool slightly.
2. Arrange quinoa as the base in your bowl, then top with chickpeas, cucumber, tomatoes, red onion, and olives.
3. Drizzle with tahini dressing and garnish with fresh parsley.

Pro Tip: Make a large batch of quinoa at the beginning of the week to use in multiple bowls. The tahini dressing can be stored in the refrigerator for up to 10 days.



ASIAN-INSPIRED TOFU BOWL



1 SERVINGS



30 MINS

CALORIES
517

PROTEIN
14G

FATS
25G

CARBS
71G

INGREDIENTS

- 1 cup cooked brown rice
- 4 oz crispy baked tofu
- ½ cup steamed broccoli florets
- ¼ cup shredded carrots
- ¼ cup edamame
- ¼ cup sliced red bell pepper
- 2 tablespoons teriyaki sauce
- Sesame seeds and green onions for garnish
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METHOD

1. Arrange brown rice as the base in your bowl.
2. Top with crispy baked tofu, steamed broccoli, shredded carrots, edamame, and bell pepper.
3. Drizzle with teriyaki sauce and garnish with sesame seeds and sliced green onions.

Pro Tip: Press your tofu for at least 30 minutes before baking to achieve the crispiest texture. For meal prep, store the sauce separately and add it just before eating.



MEXICAN FIESTA BOWL



1 SERVINGS



25 MINS

CALORIES
514

PROTEIN
12G

FATS
15G

CARBS
82G

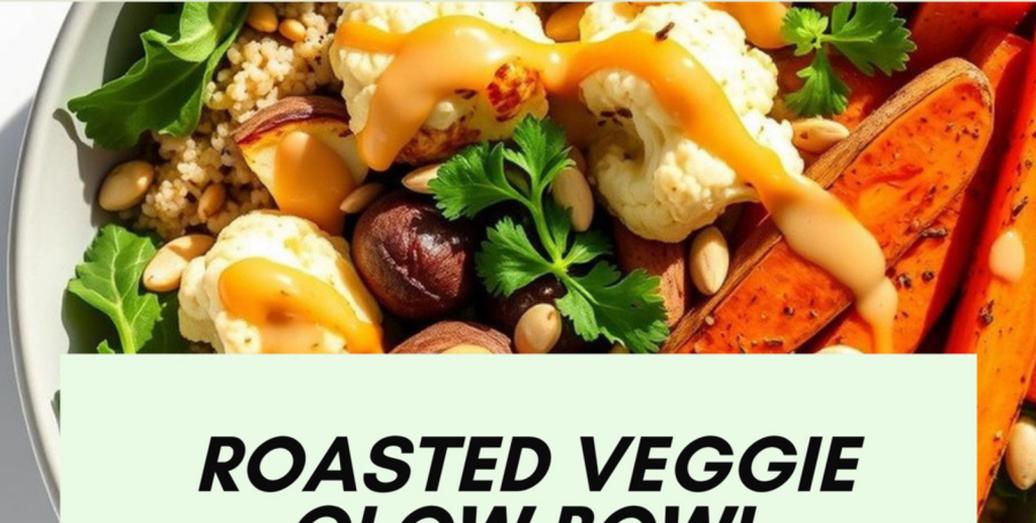
INGREDIENTS

- 1 cup cooked brown rice with lime and cilantro
- ½ cup black beans
- ¼ cup roasted corn
- ¼ cup diced avocado
- ¼ cup diced tomatoes
- ¼ cup shredded lettuce
- 2 tablespoons cashew cream or guacamole
- Fresh cilantro and lime wedge for garnish

METHOD

1. Mix cooked brown rice with lime juice and chopped cilantro.
2. Arrange rice as the base in your bowl, then top with black beans, corn, avocado, tomatoes, and lettuce.
3. Add a dollop of cashew cream or guacamole and garnish with fresh cilantro and a lime wedge.

Pro Tip: To prevent avocado from browning when meal prepping, squeeze extra lime juice over it or add it fresh just before eating.



ROASTED VEGGIE GLOW BOWL



1 SERVINGS



35 MINS

CALORIES
528

PROTEIN
14G

FATS
17G

CARBS
71G

INGREDIENTS

- 1 cup quinoa and kale mixture
- ½ cup roasted sweet potatoes
- ½ cup roasted cauliflower florets
- ¼ cup roasted carrots
- ¼ avocado, sliced
- 2 tablespoons golden tahini dressing
- 1 tablespoon pumpkin seeds
- Fresh parsley for garnish

METHOD

1. Roast sweet potatoes, cauliflower, and carrots with olive oil, salt, and spices at 425°F for 25 minutes.
2. Mix cooked quinoa with chopped kale while still warm to wilt the kale slightly.
3. Arrange quinoa and kale mixture as the base, top with roasted vegetables and avocado, drizzle with tahini dressing, and sprinkle with pumpkin seeds and parsley.

Pro Tip: Roast a large batch of vegetables on the weekend to use in various bowls throughout the week. The golden tahini dressing can be made ahead and stored in the refrigerator for up to 10 days.



NOURISHING BUDDHA BOWL



1 SERVINGS



35 MINS

CALORIES
525

PROTEIN
16G

FATS
23G

CARBS
65G

INGREDIENTS

- 1 cup cooked brown rice
- ½ cup roasted chickpeas
- ½ cup steamed broccoli
- ¼ cup grated carrots
- ¼ cup sliced avocado
- ¼ cup shredded purple cabbage
- 2 tablespoons tahini sauce
- Microgreens for garnish

METHOD

1. Arrange brown rice as the base in your bowl.
2. Arrange roasted chickpeas, steamed broccoli, grated carrots, avocado slices, and purple cabbage in sections around the bowl.
3. Drizzle with tahini sauce and top with microgreens.

Pro Tip: For extra flavor and crunch, season your chickpeas with cumin, smoked paprika, and garlic powder before roasting them at 400°F for 20-25 minutes.



ITALIAN FARRO BOWL



1 SERVINGS



35 MINS

CALORIES
470

PROTEIN
14G

FATS
70G

CARBS
65G

INGREDIENTS

- 1 cup cooked farro $\frac{1}{2}$ cup
- roasted cherry tomatoes $\frac{1}{4}$ cup
- roasted zucchini $\frac{1}{4}$ cup
- roasted yellow squash $\frac{1}{2}$ cup
- white beans 2 tablespoons
- balsamic glaze 1 tablespoon
- olive oil
- Fresh basil leaves for garnish
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METHOD

1. Roast cherry tomatoes, zucchini, and yellow squash with olive oil, salt, and Italian herbs at 400°F for 20 minutes.
2. Arrange cooked farro as the base in your bowl, then top with roasted vegetables and white beans.
3. Drizzle with balsamic glaze and olive oil, then garnish with fresh basil leaves.

Pro Tip: Cook farro in vegetable broth instead of water for extra flavor. For a creamier version, add a spoonful of dairy-free ricotta or cashew cheese.



CURRY CAULIFLOWER BOWL



1 SERVINGS



35 MINS

CALORIES
560

PROTEIN
15G

FATS
20G

CARBS
78G

INGREDIENTS

- 1 cup cooked brown rice
- 1 cup curry-roasted cauliflower
- ½ cup cooked red lentils
- ½ cup steamed kale
- ¼ cup coconut curry sauce
- 1 tablespoon toasted cashews
- Fresh cilantro for garnish
- Lime wedge for serving

METHOD

1. Toss cauliflower florets with curry powder, turmeric, salt, and olive oil, then roast at 425°F for 25 minutes.
2. Arrange brown rice as the base in your bowl, then top with curry-roasted cauliflower, cooked red lentils, and steamed kale.
3. Drizzle with coconut curry sauce, sprinkle with toasted cashews, and garnish with fresh cilantro and a lime wedge.

Pro Tip: Make a double batch of the coconut curry sauce and use it throughout the week for other dishes. For extra protein, add a soft-boiled egg on top.



SWEET POTATO POWER BOWL



1 SERVING



35 MINS

CALORIES
487

PROTEIN
13G

FATS
14G

CARBS
77G

INGREDIENTS

- 1 cup roasted sweet potato cubes
- ½ cup cooked quinoa
- ½ cup black beans
- ½ cup steamed kale
- ¼ cup sliced avocado
- 2 tablespoons chipotle sauce
- 1 tablespoon pumpkin seeds
- Lime wedges for serving

METHOD

1. Roast sweet potato cubes with olive oil, salt, and pepper at 425°F for 25 minutes.
2. Arrange quinoa as the base in your bowl, then top with roasted sweet potatoes, black beans, steamed kale, and avocado slices.
3. Drizzle with chipotle sauce, sprinkle with pumpkin seeds, and serve with lime wedges.

Pro Tip: For extra flavor, toss the sweet potatoes with smoked paprika and a touch of maple syrup before roasting. The natural caramelization will enhance the overall taste of the bowl.



GREEK CHICKPEA BOWL



1SERVING



30 MINS

CALORIES

421

PROTEIN

14G

FATS

10G

CARBS

73G

INGREDIENTS

- 1cup cooked bulgur wheat
- ¾ cup seasoned chickpeas
- ¼ cup diced cucumber
- ¼ cup cherry tomatoes, halved
- 2 tablespoons diced red onion
- 2 tablespoons kalamata olives
- 2 tablespoons tzatziki sauce
- Fresh dill and lemon wedge for garnish

METHOD

1. Season chickpeas with olive oil, oregano, garlic powder, salt, and pepper.
2. Arrange cooked bulgur wheat as the base in your bowl, then top with seasoned chickpeas, cucumber, tomatoes, red onion, and olives.
3. Add a dollop of tzatziki sauce and garnish with fresh dill and a lemon wedge.

Pro Tip: For extra flavor and texture, roast the seasoned chickpeas at 400°F for 20 minutes until crispy. Make a dairy-free tzatziki with coconut yogurt for a vegan version.



AUTUMN HARVEST BOWL



1 SERVING



30 MINS

CALORIES
509

PROTEIN
10G

FATS
21G

CARBS
75G

INGREDIENTS

- 1 cup cooked wild rice blend
- ½ cup roasted Brussels sprouts
- ½ cup roasted butternut squash cubes
- ¼ cup roasted red onion
- 2 tablespoons dried cranberries
- 2 tablespoons chopped pecans
- 2 tablespoons maple tahini dressing
- Fresh thyme for garnish

METHOD

1. Roast Brussels sprouts, butternut squash cubes, and red onion with olive oil, salt, and pepper at 425°F for 25 minutes.
2. Arrange cooked wild rice blend as the base in your bowl, then top with roasted vegetables.
3. Sprinkle with dried cranberries and chopped pecans, drizzle with maple tahini dressing, and garnish with fresh thyme.

Pro Tip: For the maple tahini dressing, mix 2 tablespoons of tahini with 1 tablespoon of maple syrup, 1 tablespoon lemon juice, and enough water to reach the desired consistency. Add a pinch of cinnamon for extra fall flavor.