



Buddha Bowl (OP W)

Serving: 1

Veg

Ingredients

- Grain base
- - Quinoa
- - Freekeh
- - buckwheat
- - barley
- - brown rice
- - spelt
- Add your veggies
- - Cucumber
- - Red Pepper
- - Edamame
- - Split Peas
- - Broccoli
- - Carrots
- Something extra
- - Mango
- - Tahini
- - Sesame seeds
- - Avocado
- - Houmous
- - Radish
- Fresh Greens
- - Mint
- - Watercress
- - Coriander
- - Baby spinach
- - Basil
- - Spring onion
- Pick your protein
- - Chickpeas

Preparation Method

- Select any of the ingredients from each category of your choice and eat a whole bowl.



EAT FIT 247

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD

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- - Cashews
- - Hemp seeds
- - Tofu
- - Walnuts
- - Quorn
- Give it an edge
- - Red chilli
- - Black pepper
- - Paprika
- - Cayenne Pepper
- - Lime juice
- - Grated Ginger