

Buddha Bowl Design

Partner: _____ Block: _____
Partner: _____

Base

250mL Rice
250mL Quinoa

Protein (Choose 1)

80mL Chickpeas
80mL Black Beans
80mL Tofu, cubed and cooked

Vegetables

Choose 3-4

Dressing (Choose 1)

Orange Sesame Ginger Dressing
Balsamic Vinaigrette
Creamy Tahini Dressing
Honey Sriracha Lime Dressing

My Bowl Should be:

Describe why you selected your ingredients (flavour, colour, health benefits, presentation). How does your bowl meet Food Guide recommendations?

What tools will I need?

What skills will I need to create my bowl?

Buddha Bowl Design

Protein

How I plan to prepare my protein

Vegetables

How I plan to prepare my vegetables

Dressing

How I plan to prepare my dressing

Bowl Assembly

How I plan to assemble and present my bowl