



RECIPE BOOKLET

# Yummy Buddha Bowls

ENJOY YOUR RECIPES!



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# Coconut-Lime Salmon + Forbidden Rice Bowl

Serving Size: 2

## INGREDIENTS

- 1 cup cooked black (forbidden) rice
- 2 salmon fillets (4–6 oz each)
- ½ cucumber, shaved into ribbons
- ½ cup diced mango (fresh or frozen, thawed)
- 2 Tbsp unsweetened toasted coconut flakes
- Fresh cilantro for garnish

### Coconut-Lime Vinaigrette

- 2 Tbsp coconut milk (canned, full-fat or light)
- 1 Tbsp avocado oil
- Juice and zest of 1 lime
- ½ tsp grated fresh ginger
- Pinch of sea salt

## DIRECTIONS

- 1) Preheat oven to 400°F. Place salmon on parchment, season with salt and lime zest. Roast 12–15 minutes, until flaky.
- 2) Whisk vinaigrette ingredients until smooth.
- 3) In bowls, layer black rice, cucumber ribbons, mango, and salmon.
- 4) Drizzle with coconut-lime vinaigrette, sprinkle toasted coconut, and top with cilantro.



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# Spiced Sweet Potato + Crispy Chickpea Bowl

Serving Size: 2

## INGREDIENTS

- 1 medium sweet potato, cubed
- 1 cup canned chickpeas, rinsed + dried
- 1 Tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp cinnamon
- Sea salt to taste
- 2 cups chopped kale
- 1 cup cooked quinoa

### Maple-Tahini Drizzle

- 2 Tbsp tahini
- 1 Tbsp lemon juice
- 1 tsp pure maple syrup (optional)
- 1 small clove garlic, grated
- 1–2 Tbsp warm water to thin
- Pinch of salt

## DIRECTIONS

- 1) Preheat oven to 425°F. Toss sweet potato + chickpeas with oil, paprika, cinnamon, and salt. Roast 25–30 min, until crisp.
- 2) Massage kale with a drizzle of olive oil and a pinch of salt until softened.
- 3) Whisk drizzle ingredients until smooth.
- 4) Layer quinoa, kale, sweet potatoes, and chickpeas in bowls. Drizzle sauce over top.



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# Miso-Ginger Turkey + Cabbage Bowl

Serving Size: 2

## INGREDIENTS

- 1 cup cooked jasmine rice (sub cauliflower rice for lower carb)
- 8 oz ground turkey
- 2 cups shredded cabbage
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 Tbsp white miso paste
- 1 tsp sesame oil
- 1 scallion, sliced
- ¼ cup pickled carrots (store-bought or homemade)
- Optional: 1 fried egg or ½ avocado per bowl

## DIRECTIONS

- 1) In a skillet, sauté turkey with garlic and ginger until cooked through.
- 2) Stir in miso and sesame oil; add cabbage and cook 2–3 minutes until wilted.
- 3) Serve over rice. Top with pickled carrots, scallions, and optional egg or avocado.



# Golden Turmeric Cauliflower Bowl

Serving Size: 2

## INGREDIENTS

- 2 cups cauliflower florets
- 1 Tbsp olive oil
- ½ tsp turmeric + pinch of salt
- 1 cup cooked brown rice
- ½ tsp ground cumin
- 1 cup cooked lentils
- 2 cups baby spinach
- Fresh cilantro for garnish

### Cashew-Curry Dressing

- 2 Tbsp cashew butter
- 1 tsp curry powder
- Juice of ½ lemon
- 1–2 Tbsp warm water to thin
- Pinch of salt

## DIRECTIONS

- 1) Roast cauliflower at 425°F for 20–25 min with olive oil, turmeric, and salt.
- 2) Warm rice with cumin; sauté spinach until just wilted.
- 3) Whisk dressing ingredients until smooth.
- 4) Layer rice, lentils, spinach, and cauliflower in bowls. Drizzle with cashew-curry sauce and top with cilantro.



# Zaatar Chicken + Roasted Carrot Bowl

Serving Size: 2

## INGREDIENTS

- 2 chicken thighs (boneless, skinless)
- 1 tsp za'atar seasoning
- 1 tsp olive oil
- 2 medium carrots, sliced
- 1 cup cooked wild rice
- 2 cups arugula
- Fresh mint leaves for garnish

### Lemon-Tahini Yogurt Drizzle

- 1 Tbsp tahini
- 2 Tbsp coconut yogurt (or Greek if not dairy-free)
- Juice of ½ lemon
- 1 Tbsp water to thin
- Pinch of salt

## DIRECTIONS

- 1) Preheat oven to 400°F. Toss carrots with olive oil and roast 20–25 min.
- 2) Rub chicken with za'atar and grill or bake until cooked through.
- 3) Whisk drizzle ingredients until smooth.
- 4) Layer wild rice, arugula, carrots, and sliced chicken in bowls. Top with mint and drizzle sauce.



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# Crispy Tofu + Sesame Snap Pea Bowl

Serving Size: 2

## INGREDIENTS

- 7 oz firm tofu, cubed and patted dry
- 1 tsp avocado oil
- 1 cup sugar snap peas
- ½ cucumber, sliced
- 3 radishes, thinly sliced
- 4 oz soba noodles (use 100% buckwheat for GF)

### Sesame-Ginger Sauce

- 1 Tbsp almond butter
- 1 tsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp tamari (GF soy sauce)
- ½ tsp grated ginger
- 1–2 Tbsp warm water to thin

## DIRECTIONS

- 1) Air-fry tofu at 400°F for 12–15 min (or bake until crisp).
- 2) Cook soba noodles; rinse and drain.
- 3) Whisk sauce ingredients until smooth.
- 4) Toss noodles with sauce, add tofu, snap peas, cucumber, and radish.



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# Thai Lemongrass Shrimp Bowl

Serving Size: 2

## INGREDIENTS

- 1 cup cooked brown rice
- 8 oz shrimp, peeled and deveined
- 1 tsp lemongrass paste (or finely minced fresh)
- Juice of 1 lime
- 1 tsp avocado oil
- 1 cup shredded cabbage
- ½ cup shelled edamame
- Fresh basil for garnish

### Almond-Lime Sauce

- 1 Tbsp almond butter
- 1 Tbsp lime juice
- ½ tsp grated ginger
- 1 small clove garlic, minced
- 1-2 Tbsp warm water to thin
- Pinch of salt

## DIRECTIONS

- 1) Marinate shrimp with lemongrass, lime juice, and oil for 10 minutes. Grill or sauté 2-3 min per side.
- 2) Whisk sauce ingredients until smooth.
- 3) In bowls, layer brown rice, cabbage, edamame, and shrimp.
- 4) Drizzle with almond-lime sauce and top with basil.



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# Kimchi Fried Quinoa Bowl

Serving Size: 2

## INGREDIENTS

- 1 cup cooked quinoa
- ½ cup chopped kimchi (low-sugar)
- ½ cup shredded carrots
- 2 green onions, sliced
- 2 eggs or ½ block firm tofu, scrambled
- ½ avocado, sliced
- 1 tsp toasted sesame oil
- 1 tsp tamari (GF soy sauce)
- 1 tsp avocado oil
- 1 tsp sesame seeds

## DIRECTIONS

- 1) Heat avocado oil in a skillet; add kimchi and carrots, cook 2-3 min.
- 2) Stir in quinoa and tamari; push to one side and scramble eggs or tofu. Combine.
- 3) Drizzle with sesame oil, top with avocado and sesame seeds.



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# Smoky BBQ Tempeh + Corn Bowl

Serving Size: 2

## INGREDIENTS

- 7 oz tempeh, cubed
- ½ cup corn (fresh or frozen)
- ½ cup black beans, rinsed
- 2 cups chopped kale
- 2 cups cauliflower rice
- 1 tsp olive oil

### BBQ Glaze

- 1 Tbsp tomato paste
- 1 tsp apple cider vinegar
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp maple syrup (optional)
- 1–2 Tbsp water to thin

### Chipotle Cashew Sauce

- 2 Tbsp cashew butter
- ½ tsp chipotle powder
- Juice of ½ lime
- 1–2 Tbsp warm water to thin
- Pinch of salt

## DIRECTIONS

- 1) Mix glaze ingredients; toss with tempeh. Bake or air-fry at 400°F for 12–15 min.
- 2) Roast corn and sauté kale until tender.
- 3) Heat cauliflower rice; layer in bowls with black beans, corn, kale, and tempeh.
- 4) Whisk chipotle sauce; drizzle over bowls.



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# Mediterranean Falafel + Pickled Onion Bowl

Serving Size: 2

## INGREDIENTS

- 1 cup cooked lentils
- 4 baked falafel (store-bought or homemade)
- ½ cucumber, diced
- ½ cup cherry tomatoes, halved
- ¼ cup pickled red onion
- 2 Tbsp chopped parsley
- 1 Tbsp roasted pine nuts or sesame seeds

### Tahini-Garlic Sauce

- 2 Tbsp tahini
- 1 Tbsp lemon juice
- 1 small garlic clove, grated
- 1–2 Tbsp warm water to thin
- Pinch of salt

## DIRECTIONS

- 1) Warm lentils and falafel.
- 2) Whisk sauce ingredients until smooth.
- 3) Layer lentils, falafel, cucumber, tomato, and onion in bowls.
- 4) Drizzle sauce and top with parsley and pine nuts or sesame seeds.



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I'm Deni Carruth, energetic lifestyle strategist and coach, founder of MasterWellness, a space to be empowered when you're ready for something great in your life.

I help entrepreneurs and upper management peeps, create a lifestyle they can live and love, because it authentically reflects and supports who they are. I believe your lifestyle can be simple, even when life feels hard. I know first-hand what this transformational alignment looks and feels like, emotionally, physically, and spiritually.

Thank you for grabbing this little book of Buddha Bowl recipes. I absolutely love to order or create bowls to get all the ingredients I want. You just can't beat a bowl for healthy eating.

So whether you're trying these with friends, or simply to simplify your meals...ENJOY!

And if you find yourself ready for something great in YOUR life...  
[schedule your Bridge to Breakthrough Chat now.](#)

Just say, "I'm ready for something great in my life!"  
I'm here for you!

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