**Mexican Quinoa Bowl**: Cook quinoa and let it cool. Add black beans, corn, tomatoes, and avocado. Add garlic powder, salt and pepper. Dressing-lime juice. Note-I use canned organic black beans (rinse before serving) and organic canned sweet corn.

**Sweet Potato Chickpea Power Bowl**: Roast sweet potatoes and chickpeas in the oven. Add spinach and quinoa. Add your favorite dressing or try Tahini Dressing.

**Vegan Poke Bowl**: Cook sushi rice and let it cool. Add marinated tofu, edamame, cucumber, and avocado. Drizzle with soy sauce or coco aminos.

**Greek Salad Bowl**: Chop cucumbers, tomatoes, red onions, and bell peppers. Add kalamata olives and feta cheese (optional). Drizzle with a dressing made of lemon juice, garlic, and oregano.

**Curried Chickpea Bowl**: Cook chickpeas with curry powder and coconut milk. Add roasted sweet potatoes and kale. Serve hot with brown rice or quinoa.

**Soba Noodle Bowl**: Cook soba noodles and let them cool. Add shredded carrots, cucumber, and red cabbage. Mix in some edamame or tofu for protein. Drizzle with a dressing made of soy sauce, rice vinegar, and ginger.

**Mediterranean Bowl**: Cook farro or barley and let it cool. Add roasted eggplant, zucchini, red onions, and cherry tomatoes. Drizzle with a dressing made of lemon juice, garlic, and oregano.

 **Thai Peanut Bowl**: Cook brown rice or quinoa and let it cool. Add roasted sweet potatoes and broccoli florets. Drizzle with a peanut sauce made of peanut butter, soy sauce, lime juice, honey (or maple syrup), garlic powder, and ginger powder.

 **Roasted Veggie Bowl**: Roast vegetables like sweet potatoes, Brussels sprouts, carrots, and beets in the oven. Serve hot with quinoa or brown rice.

 **Falafel Bowl**: Bake falafel balls in the oven or air fryer. Add chopped lettuce, tomatoes, cucumbers, red onions, hummus (optional), and tahini sauce.