

A close-up photograph of a bowl of vibrant orange soup. The soup is garnished with fresh green basil leaves, a swirl of white cream, and several green pumpkin seeds. A silver spoon is visible on the right side of the bowl. In the background, there is a small white bowl containing sliced almonds and green seeds. The entire scene is set on a dark wooden surface.

LIFT LEAN LIFESTYLE
21 DAYS
JANUARY 2024

BUDDHA BOWL & SOUP LUNCHES

www.damsonhillcottage.com

BUILD YOUR BUDDHA BOWL

The idea of a Buddha Bowl is that they are composed of different elements to give a completely nutritious meal. Ensuring that your Buddha Bowl is built to include the following, makes it simple, easy and quick to put together. But also provides variety and helps easily increase the plant foods in your daily diet, supporting your gut health, which is essential for our immunity, and overall health. Perfect to throw together at lunchtimes without much thought!

Element 1: Choose your whole grain: Brown rice, rice noodles or high protein grain like quinoa. Try buckwheat groats, black bean spaghetti, spelt, pearl barley etc

Element 2: Veg: Roasted veg such as sweet potato, tomatoes, red onion, butternut, courgettes, peppers, aubergines, mushrooms etc (left over veg from your dinner recipes), or try grating red cabbage, using fresh tomatoes, raw courgetti, spring onions etc. Aim for as many and as varied as possible each day (30 a week).

Element 3: Protein: Egg, salmon, puy lentils, quinoa, chickpeas, tofu, falafel, beetroot burgers, black beans, halloumi, avocado etc.

Element 4: Greens! Spinach, kale, rocket, watercress etc.

Element 5: Fermented: Pickles, Sauerkraut, Kimchi - optional!

Element 6: Healthy fats: Sunflower, pumpkin, sesame flax and chia seeds, unsalted nuts, avocado

Element 7: Topping! Fresh herbs like coriander, mint, parsley, sprouted seeds, spring onion, pomegranate, avocado etc

BUILD YOUR BUDDHA BOWL

Element 8: Dressings:

- Olive oil, lemon, tahini, dash of water to thin
- Olive oil, sesame oil, tamari soy, garlic and chill (this dressing can also be used as a marinade for your protein element choice)
- Olive oil, lemon, yoghurt, cayenne pepper & paprika
- Greek yoghurt, garlic, tahini, lemon
- Greek yoghurt, lots of fresh herbs, garlic
- Carrot & Ginger dressing see recipe a bit later

By building your Buddha Bowl you can't fail, because basically anything goes! So be inventive and be varied. Ensure your bowl contains something from each of the elements above, but also don't overthink. Buddha Bowls work brilliantly with left over roasted veg or protein from the night before (see dinner recipes) with some added extras from the fridge or pantry.

A Buddha bowl filled with noodles, vegetables, and dressing. The bowl is on a wooden table. A pineapple is visible in the background. The text is overlaid on the bowl.

BUDDHA BOWL IDEAS

*as well as elements to make
ahead and to batch cook*

BUDDHA BOWL IDEAS

- **Rice & Veggies** - brown rice, edamame beans, sugar snap peas or sliced broccoli florets, chopped/sliced red cabbage, spinach/kale/lettuce, avocado, cucumber, spring onions, drizzle sesame oil, sesame seeds, lime wedges, carrot & ginger dressing (see next page)
- **Indian Cauliflower Bowl** - any grain if required, roasted cauliflower & chickpeas (roast together), Madras curry dressing (see next page), spring onions, coriander, diced apple, cashews, seeds etc
- **Chicken & Quinoa** - Leftover chicken (I often griddle chicken breasts with a Mexican spice), quinoa, roasted brussel sprouts (so good cold), roasted chickpeas, sweet potato, red onion & kale. Topped with avocado and seeds. Uses spices/garlic with your roasted veg.
- **Persian Aubergine** - Roasted aubergines with Baharat spice (or sumac, ras el hanout, za'atar etc), diced red green and yellow pepper mixed with diced tomato, cucumber and red onion with lemon juice and seasoning, quinoa with mint leaves, top with the usual seed sprinkles and dressing of choice.

Google 'Buddha Bowls' and you will find so many online, please adjust to your taste/menu, adding in your choice of protein to any of them from Tofu to chicken. Try and incorporate as many varied vegetables throughout the weeks and share with us all on the group too!



CARROT & GINGER DRESSING

- 1/3 cup extra-virgin olive oil
- 1/3 cup rice vinegar
- 2 large carrots, peeled and roughly chopped (about 2/3 cup)
- 2 tablespoons peeled and roughly chopped fresh ginger
- 2 tablespoons lime juice
- 1 tablespoon plus 1 teaspoon honey
- 1 1/2 teaspoons toasted sesame oil
- 1/4 teaspoon salt, more to taste

Just blend it all together!

BEETROOT BURGERS

These have been firm favourites at my retreat days. Batch cook and add to your Buddha Bowls. This recipe makes 4 and you can pop them in the freezer!

- 1 tbsp. of olive oil
- 3 beetroots, grated
- 1 tsp of thyme
- 1 can of chickpeas, drained
- 2 cloves of garlic, crushed or wild
- 2 tbsp. of chopped parsley
- 2 tablespoons tahini
- 2 tablespoons tamari
- 100g porridge oats

To make the beet burgers, heat the olive oil, add the grated beetroot and the thyme and cook for 5 minutes then leave to the side to cool. In a food processor mix the chickpeas, garlic, parsley, tahini, tamari and oats. Blend well then add the beetroot. Roll into 4 burgers and place in the fridge for an hour to set. Preheat the oven to 200°C. Bake the burgers in the oven for 15 minutes. Try these in between two cooked portobello mushrooms or sweet potato toasts (simply put slices of sweet potato in the toaster!). Or, of course as part of your Buddha Bowls.,

PEA & BEAN GUACAMOLE

1 avocado chopped
200g frozen peas / broad beans/
edamame
100g can of butter/cannelini beans etc
drained and rinsed
2 cloves of garlic
chilli and coriander to suit
some chopped spring onion / red
onion
juice of a lime

This saves having too much avocado
and gets more greens and plant
protein in.

Thaw your frozen veg by covering in
boiling water for a couple of mins.
Blend the green veg, beans, garlic and
lime juice in your mixer then combine
with the avocado, onion, chilli and
coriander. Add salt to taste.

So handy to have in the fridge, to pop
on top of your Buddha Bowls. (Leave
the stone in the dish for freshness).



PEA & SPINACH FALAFEL

1 can of chickpeas
2 tbsp peas
handful of spinach
1.5tsp tahini
juice half a lemon
1 tsp each of salt and smoked paprika
2 tbsp coconut oil

Dressing

Mix 150g Greek yog, 1 tsp lemon juice, 1 garlic clove crushed, fresh herbs.

Blend the chickpeas and peas in a blender, add the spinach then tahini, lemon, salt, paprika and a bit of pepper. Blend til sticky if too dry add more tahini. Shape into 16 balls.

Heat the oil in a large non-stick pan and cook them in the hot pan so they are golden all around then reduce the heat and let them cook through for another 10 mins.

MACKERAL PATE

2 smoked mackerel fillets or cook fresh

1 1/2 tsp wholegrain mustard or horseradish (love it with horseradish!)

1 tbsp olive oil

juice 1/2 lemon

1 - 2 tbsp basil (or any herbs you like)

1 -2 tbsp chives

Serve with chicory leaves, radish, celery and any other veg to dip or in a little gem boat or add to your Buddha Bowl. Can also add to creme fraiche or Greek yoghurt after week one.

If you are cooking from fresh, brush either side with olive oil and grill for 3 to 4 mins on each side. Then flake the fish removing skin and bones.

Add the fish to a food processor with the mustard, oil and lemon, stir in the fresh herbs.



ASIAN SLAW

Slaw

2 carrots
1/2 red or white cabbage or
celeriac/ spring greens
a few sliced spring onions (or 1/2
a red)
1 large beetroot
chopped cucumber/broccoli
fresh herbs & lime juice

Or just simplify with carrot, red
and white cabbage.

Asian Dressing

2 tbsp soy sauce
1 tsp honey
1 garlic clove chopped
1 tsp grated ginger
2 tbsp rice or apple cider vinegar
2 tbsp sesame oil plus a top up of extra
virgin olive oil

Alternative Dressing

75ml extra virgin olive oil
2 tbsp apple cider vinegar
1 tsp honey
squeeze of lemon juice

Cut all the veg into tiny slithers or grate the. I've got a great sturdy mandolin, makes this so quick. Whisk the dressing ingredients making sure the honey is dissolved if using, pour over and let it sit for a bit to soften the veg, top with fresh herbs and some lime juice and serve with cashews, chickpeas, pomegranate seeds, avocado fish, chicken, halloumi anything!



BAKED SWEET POTATOES

Gosh I love these! Quick and easy, always in the cookbooks. They are great to add to your Buddha Bowls, they roast so quickly and you can keep any leftovers in the fridge, so I often roast a few at once. If eating on own, ensure healthy fats and protein are alongside them.

With red peppers, greens and feta

- 2 sweet potatoes
- 1 red pepper, chopped
- 1/2 a red onion, diced
- 100g spring greens / kale / spinach
- 1/2 tsp cumin seeds
- Juice of half a lemon
- Some feta (or some butter / cannellini beans etc)
- 1 tsp sumac

Pop the sweet potatoes in a hot oven to roast, prick skin and pop some oil and salt on the skin to crisp if you like. Saute the onion first, followed by the pepper, then the greens and cumin seeds, when the greens have wilted (adding a splash of water if sticking) then stir in the lemon juice and cheese then remove from the hob. Pop the topping in the opened potato with a sprinkling of sumac on top too.

Idea from Waitrose.com

www.damsonhillcottage.com



SPICY CHICKPEAS

Put a can or two of rinsed and drained chickpeas (or any other bean) on a lined tray and drizzle with olive/coconut oil and a selection of the following:

ground cinnamon, cardamon, cumin, ginger, paprika, coriander, cayenne pepper, turmeric, salt and pepper or any of the mixed spices and herbs like za'atar, dukka, sumac, harrissa, ras el hanout,

Toss together and roast in oven for about 15 minutes, make sure they are all in one layer.

A good snack if in need too.

TAHINI SAUCE

Make a jam jar of this and keep it in the fridge great to drizzle on your Buddha Bowls.

80g tahini

1/2 clove garlic crushed

Juice of a lemon

a few tblsp water depending on thickness

pinch salt or drop of tamari

To make it green, blend in some fresh herbs and/or spinach.



SOUPS

*experiment with lots of colourful toppings,
of nuts, seeds, herbs, pickles etc*

LENTIL, SWEET POTATO & CHICKPEA SOUP

11 tbsp olive oil
1 onion, diced
6 cloves of garlic, crushed
1/2 tsp grated ginger
1 tsp turmeric
1/2 tsp paprika
1 tbsp lemon juice
1 large sweet potato, cubed
Can of chickpeas, drained
250g red lentils, uncooked but rinsed
1 litre vegetable stock
a couple of handfuls of kale, rinsed, torn
salt to taste

Heat the oil in a big pan and saute the onion, add garlic, ginger for a minute then turmeric and paprika next. Then the lemon juice, sweet potatoes, chickpeas, red lentils and vegetable stock then bring to a boil. Then reduce the heat and simmer for 15 to 20 minutes until the sweet potato is soft.

Add the kale and continue to cook until wilted. Season with salt to taste. Add lots of garnishes to suit you on top, herbs, seeds etc. maybe a pickle!

from iheartveggies on insta

BEETROOT, CARROT & GINGER SOUP

oil for frying,
1 large onion, chopped
3 medium beetroot, peeled and diced
2 large carrots, diced
25g fresh ginger, peeled and grated
juice of 1 orange
1¼ litre veg stock
salt and pepper

Heat 1 tsp of oil in a saucepan. Add the onion and fry gently for 10 minutes without colouring, until soft and translucent. Add the beetroot, carrot and ginger. Stir for 1 minute. Add the orange juice and stock. Season with salt and pepper. Bring to the boil, reduce the heat and simmer until the veg is tender, about 25-30 minutes or so, depending on how small you've cut your veg. Blend until smooth.

As usual add your garnish, seeds, nuts, goats or feta cheese, fresh herbs - yum!

From Riverford - this is the one I make for Wild Woodland Wreathmaking

GOLDEN GLOW SOUP

- 11 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 4 cloves of garlic, crushed
- 1 celery, chopped
- 1 tsp dried oregano
- 1/2 tsp black pepper
- 1 litre of vegetable stock/bone broth
- 1 can of white beans (your choice), drained and rinsed
- Juice of 2 lemons
- 1 handful of organic/washed kale
- 1 tbsp tahini
- 1 tsp lemon zest
- 250g orzo (optional) or your choice of protein pasta - just add more stock/bone broth
- 1/4 tsp dill or your choice of fresh herbs
- 1 tsp turmeric

Saute the onion, carrot, celery and garlic, saute for about 5 mins in a big pan over medium heat. Then add the stock/broth, beans, lemon zest and juice. Bring to the boil & simmer for 10 mins with a lid on.

Stir in the kale, fresh dill and orzo if using with extra stock/broth, cook until orzo/kale cooked through, keeping the lid off and stirring now and then. Finally stir in the tahini and turmeric and season to taste.

Garnish to your fancy!

From Vegan Recipe Ideas

GREENS & BEANS SOUP

One medium broccoli chopped, stalks and all
4 cloves garlic, crushed
Finger sized piece of ginger, grated
1 tsp each of ground coriander and cumin
1 can white beans like cannellini
500ml vegetable stock / bone broth
150g frozen peas
200g fresh spinach
Large handful of fresh basil
juice of half a lemon

Fry all of the chopped broccoli in some oil in a large pan, for about 5 mins or so until bright green, add the garlic, ginger first followed by the spices.

Then add the beans & stock, then stir. Simmer then blanch the spinach, peas and basil (pour hot water over them). Add to the rest of the soup along with the lemon and then blend. Season to your taste and top as usual.....

From sophsplantkitchen on insta.....

LENTIL SOUP WITH CUMIN, CORIANDER, YOGHURT, LEMON & CHILLI

2 large onions
4 - 6 garlic cloves
1/2 tin tomatoes (optional)
1 tbsp each ground cumin and ground coriander
200g lentils (eg green, but I'd probably chuck a whole can in)
Water - enough to cover by 2cm above the lentils, add when you need
1.5 lemons, juice of
Big dollop of Greek yoghurt
Chilli flakes
drizzle of extra virgin olive oil to serve and seeds/fresh herbs of course!

Saute the onions, then add the garlic and cook for a little longer. Add the spices and tomatoes if using, add lentils and water. Bring to the boil then simmer until soft. top up with more water if needed. Blend a third so its still quite thick. Add lemon and serve with yoghurt, olive oil swirl and seeds.

By 5 o'clock Apron

CHICKEN SOUP

1-2 tbsp olive oil
one large onion, diced (or leeks)
a few sticks celery, chopped
2 tbsp fresh ginger, chopped
4-8 garlic cloves, rough chopped
1 litre chicken broth or veg stock
500ml water
2 bay leaves
salt and pepper
600 - 800g chicken thighs, boneless, skinless (or use breasts- if very large, cut in half)
Lemon juice to taste
pinch chili flakes
spring onions, fresh coriander or parsley
a drizzle of toasted sesame oil

Optional: Feel free to add some turmeric, chopped veggies: celery, carrots, etc. Serve over quinoa, rice, buckwheat noodles, protein/alternative pasta, rice, or add 1 can beans.

Heat oil in a big pot. Add onion, celery, garlic and ginger and saute until fragrant, about 3-4 minutes. Lower heat to med- low and continue sauteeing until golden, 3-4 more minutes.

Add the chicken stock, water, salt and pepper, bay leaves and skinless chicken. Bring to a boil. Cover, and lower heat so it's gently simmering, covered for 20 minutes. If using breasts, check at 15.

Test a piece of chicken to see if its done by pulling meat apart with two forks. It should come apart easily and look opaque. If done, shred the rest of the chicken, then return to the pot and simmer gently for 5 more minutes.

Squeeze with lemon, taste and adjust broth. Serve as you wish!

from feastingathome.com



PICKLES

with Apple Cider Vinegar

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with Apple Cider Vinegar

- **The Simplest Red Onion Pickle** - all I do is slice a red onion and pop it in a small kilner jar, and top with apple cider vinegar, that's it. Nothing more, and it is delicious and so colourful on all kinds of soups, Buddha bowls and curries. Anything goes!
- **Cucumber & Fennel Pickle** - 200ml ACV, 1 tbsp fennel seeds, 1 cucumber thinly sliced, 1 tbsp salt + water - 500ml jar. Pour ACV, fennel seeds, 50ml water and the salt into saucepan, bring to boil then remove from heat to cool. Pop all the cucumber into the jar and pour the cooled liquid on top. Pop in fridge and use within 4 weeks.
- **Cauliflower & Za'atar Pickle** - 200ml ACV, 1.5 tbsp za'atar, 1 small cauliflower, 1 tbsp salt - 500ml jar. Pour ACV into a pan with the za'atar and salt, bring to boil then remove from heat to cool. Pack the cauliflower florets into the jar and pour over the cooled liquid. Pop the lid on, leave to cool and eat within 4 weeks.
- **Coriander & Orange Pickled Radish** - 200ml ACV, 4 strips of unwaxed orange peel, 1 tbsp coriander seeds, 200g radish thinly sliced, 1 tbsp salt - 500ml jar. Pour ACV into a pan with the orange peel, seeds and salt, bring to the boil then remove to cool. Pack the radish into the jar and pour over the cool liquid. Cover to seal and refrigerate. Use within 4 weeks.



ON THE GO

*Healthier wraps to prep for those last minute lunches
use your Buddha Bowl ingredients as your filling
(without the grains)*

FLATBREADS

These are so versatile and can be used for breakfast lunch or dinner. I often serve these with spinach, rocket, halloumi, tomatoes, avocado with some chilli. Also perfect with soup. Try with an egg and greens or smoked salmon, leftover chicken, anything you like!

Makes 4

150g of any flour, I often use wholemeal spelt, try mixed with buckwheat, chickpea etc

1 1/2 tsp baking powder

1/2 tsp salt

150ml natural yoghurt (Greek or natural)

Mix together the dry ingredients then stir in the yoghurt to form a sticky dough, form it into a ball, cover and pop it in the fridge for an hour or so. Then divide the dough into 4 pieces and roll out as thinly as possible with plenty of flour for dusting. Cook the flatbreads in the oven 220c/200c fan for 8 to 10 minutes either with a topping or plain.

CHICKPEA WRAPS/ CHAPATI

Makes 8

250g chickpea flour

350ml warm water

1 tsp salt

1/2 tsp black pepper

Whisk the flour, water, salt and pepper together and leave for 10 mins. To make them green, whizz the ingredients up with some fresh herbs/spinach and then leave to stand, as above, for 10 mins.

Heat a little coconut oil to coat your pan, ladle 3 tbsp into the pan and cook, before turning over add some spice for a twist like za'atar or harissa.

SNACKS

When we eat, the hormone insulin is released from the pancreas. Insulin controls our body's blood sugar levels but also helps our body use the food that we eat and turn it into energy. The more glucose you have in your blood from a meal or snack the more insulin is released to bring down your blood sugar levels, which may explain why we have that energy dip after a large meal, a super strong coffee or a sugary snack. So then as a result we end up reaching for a quick fix to get that energy boost even if we are not hungry, and so starts that rollercoaster! Excess insulin release can cause weight gain when our body's cells absorb too much glucose and the body converts this into fat. Over time with a long-term sustained diet of sugary snacks and meals one can become more insulin resistant meaning more insulin has to be released to control our blood sugar levels.

We can regulate our insulin levels to prevent the large releases of insulin and therefore help our energy levels by changing the quality and types of the food we eat. Often its thirst that your body is craving so start with a drink first (**thirst first**). Then try and distract yourself! I often find I'm much more hungry when I am at home, being out and busy I don't get hungry at all (compared to being in the house).

Meal timing and insulin levels work together to regulate our weight. We need periods of time when we aren't eating, so insulin can go down, leaving our bodies in energy burning mode. If we leave more time between meals.... we burn energy. If we leave too much we go into starvation mode so a good level is 4 to 5 hours between meals to allow time for digestion and reduced insulin levels.

However, you must listen to your body and if you are exercising more, for example, you might well need to snack in between meals, everyone is so different, and if you need that snack then here is a **formula** to help you. **Proteincarbs** always. So **apple and nut butter, celery and cheese, nut butter and yoghurt (promise its so nice if you stir it in!), hummus and veg.....**

THE GLUCOSE GODDESS & ZOE

Here are just a few simple, highlighted pointers I've taken from The Glucose Goddess & Zoe for you to consider

- Try and eat **30** different plant-based foods every week, keep it varied and seasonal: **vegetables, fruits, grains, legumes, nuts & seeds, herbs & spices.**
- Get used to **apple cider vinegar**, try and have one tablespoon a day before the meal that will be highest in glucose. Or try it in your hot water and lemon in the morning. Try mixing with cold water, some lemon etc to sip throughout the day.
- Eat **vegetables first**
- Try and have a **savoury breakfast** when you can
- Put '**clothes**' on your **carbs**, so if having a not very nutritious carb pair it with some protein (Greek yoghurt and a brownie!), no but seriously pair these carbs with foods rich in fat, protein and fibre and eat your carb last.
- Go for a short **brisk walk** after your meals
- **Avoid snacking**
- Stop counting calories!
- If you are going to have something sweet (after your 21 day) have it as a dessert after your meal
- Drink **plenty of water and get your rest**