

GUIDE TO G-BOMBS & E-GOALS

The Complete Guide to Building Healthy Balanced Bowls

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MEET THE AUTHOR

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Through nutriplanet.org (since 2004) I offer resources for those interested in whole food plant-based diet as well as low glycemic diet and vegan Candida diet.

I am also a Plant-Based Nutrition Certificate graduate from eCornell and am studying for my holistic nutritionist degree. I hope you enjoy my whole food plant-based recipes and practical tips!

You're welcome to download my other free resources:

[Guide to Whole Food Plant-Based Diet](#)
[Guide to Low Glycemic Plant-Based Diet](#)
[Guide to Candida Overgrowth](#)

Let's keep in touch through:



WHAT ARE G-BOMBS?

G-BOMBS is an acronym invented by Dr. Joel Fuhrman and it stands for:

- **Greens:** cruciferous vegetables include arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, mustard greens, and watercress. Other green vegetables include asparagus, celery, cucumber, green beans, lettuces, Swiss chard, spinach, and zucchini.
- **Beans:** adzuki, black, cannellini, chickpea, edamame, soybeans, green peas, lentils, kidney, navy, pinto, snow peas, white beans, mung beans.
- **Onions:** onions, garlic, scallions, chives, leeks, shallots.
- **Mushrooms:** chanterelle, cremini, maitake, oyster, porcini, portobello, enoki, Lion's mane, shiitake, white button.
- **Berries** and lower sugar fruits: blackberries, blueberries, cranberries, mulberries, raspberries, strawberries.
- **Seeds** and nuts: almonds, chia seeds, flaxseeds, hemp seeds, Mediterranean pine nuts, pistachios, pumpkin seeds, sesame seeds, walnuts.

These are the foods that you should aim to eat every single day as they're the most nutrient dense and have amazing disease fighting capacity.

WHAT ARE F-GOALS?

F-GOALS is an acronym created by Dr. Will Bulsiewicz, the author of Fibre Fuelled. The principal is the same as with G-BOMBS – you should eat those foods every day to live long and healthy.

- **Fruit & Fermented:** all fruits, berries and fermented foods like sauerkraut, kimchi, natto, miso.
- **Greens & Grains:** spring greens, kale, rocket, spinach, cos lettuce, pak choi, watercress, Swiss chard, tender stem broccoli, sorrel, escarole, kohlrabi, and more. Even the leaves of some favourite root veggies like beetroot, turnip, dandelion, radish, and carrots are edible and offer more variety in the green category. Grains are preferably whole cooked grains (not pasta or bread), that is whole spelt or wheat berries, millet, barley groats, buckwheat, sorghum, farro, quinoa, rice.
- **Omega 3 Super Seeds:** flax, chia, and hemp seeds.
- **Aromatics:** these are all the flavour foods e.g., onion, garlic, basil. Try to opt for fresh whenever possible. Others in this category are leeks, shallots, chives, and spring onions.
- **Legumes:** all beans, peas, and lentils.
- **Sulforaphane:** found in cruciferous veggies like broccoli, especially broccoli sprouts, kale, rocket, cabbage, cauliflower, and Brussels sprouts.

THE BENEFITS

GREENS

Green vegetables are the most nutrient-dense of all foods. They contain phytochemicals that protect blood vessels and protect against inflammation. Furthermore, they also reduce oxidative stress, which is a major contributor to cardiovascular disease and cancer. All green vegetables are rich in folate and carotenoids, specifically lutein and zeaxanthin, that promote healthy vision.

LEGUMES

Beans and other legumes are the most nutrient-dense starch sources and are nutritionally superior to whole grains.

ONIONS

These vegetables are known for their characteristic organosulfur compounds that are responsible for their anti-cancer properties. Like the isothiocyanates (ITCs) in cruciferous vegetables, these organosulfur compounds are released when these vegetables are chopped, crushed or chewed.

MUSHROOMS

Mushrooms contain unique, beneficial phytochemicals, such as the potent antioxidant ergothioneine, immunomodulating beta glucans, substances with anti-estrogen activity that help prevent breast cancer, and prebiotic polysaccharides that promote a healthy gut microbiome.

BERRIES

Berries and pomegranate arils are some of the lowest sugar fruits, rich in nutrients and phytochemicals. Greater berry consumption has been linked to reduced risk of diabetes, cardiovascular disease, and cancers.

SEEDS

Raw seeds and nuts are healthful, whole-food fat sources and are rich in a spectrum of micronutrients, including phytosterols, minerals, and antioxidants. Nuts reduce oxidative stress, lower cholesterol, improve blood vessel function, help with weight maintenance, and lower the glycemic load of meals. Walnuts and flax, chia, and hemp seeds are rich sources of omega-3 fats.

A FEW EXTRAS

There is one more super healthy food that didn't get its own letter, but which both Dr. Fuhrman and Dr. Bulsiewicz mention:

Seaweed: wakame, kombu, nori, dulse.

Seaweed is a fantastic way to add diversity into your diet because, not only is it high in fibre, but it has prebiotic fibre.

Moreover, seaweeds are an essential source of dietary iodine if you're relying on plants as your main source of food.

WHAT WOULD I ADD TO THE LIST?

In fact, there are two items or categories I'd add to the list of foods one should aim to eat every day.

Turmeric

First, turmeric, because it is the single most anti-inflammatory food. Besides that, it also has powerful carcinogen-blocking effects.

Dr. Michael Greger, in his book *How Not to Die* recommends eating a quarter of a teaspoon of turmeric every day.

Is it better to take curcumin supplements or eat the turmeric root as whole food?

Only limited studies have compared the potential of turmeric with curcumin, but some suggest turmeric, the whole food, may work even better. This group of researchers at the Anderson Cancer Centre in Texas pitted curcumin and turmeric against seven different types of human cancer cells.

Curcumin works against breast cancer cells, but turmeric, the whole food, works even better. They found that turmeric was more potent compared to curcumin, suggesting that components other than curcumin can also contribute to anti-cancer activities.

Most clinical studies treating diseases in people have used curcumin supplements, as opposed to turmeric. But none have tried using turmeric components other than curcumin. However, even curcumin-free turmeric shows anti-inflammatory and anticancer activities.

Although curcumin is believed to account for most activities of turmeric, research over the past decade has indicated that curcumin-free turmeric is as effective as, or even more effective than, curcumin-containing turmeric. [\[source\]](#)

Bitter Foods

Secondly, I'd aim to eat the bitter foods to aid digestion at least with my main meals. Bitter foods stimulate your digestion by helping increase the amount of digestive secretions in your stomach that help break down food more quickly and effectively.

The common bitter foods are arugula, coffee, chamomile, dill, dandelion greens, Jerusalem artichokes, saffron, kale, sesame seeds, turmeric, ginger, grapefruit, peppermint, cocoa, eggplant, green tea, Brussels sprouts, liquorice, cloves, anise, fennel.

While coffee, green tea, and cocoa are bitter foods, they should not be consumed along with foods as they may inhibit nutrient absorption. Leave at least an hour between your meal and any of the mentioned bitter foods.

It's easy to include into your meals: arugula, dill, dandelion greens, Jerusalem artichoke, kale, saffron, sesame seeds, ginger, eggplant, Brussels sprouts, cloves, fennel, and anise.

Alternatively, enjoy a digestive tea about an hour after eating: ginger, chamomile, peppermint, liquorice, anise, fennel.

LET'S BUILD A BOWL!

PICK YOUR GREENS

Make the base of your bowl green: Romaine lettuce, kale, chard, collard greens. Include cruciferous veggies: cabbage, kale, broccoli, cauliflower, broccoli sprouts.

To activate sulforaphane, eat cruciferous veggies raw or chop and wait 40 minutes before cooking or add some mustard seeds on top of your salad.



INCLUDE AROMATICS

Onion, garlic, leek, chives, scallions, shallots, fresh herbs like basil, parsley, and dill.

Chop them in raw or sauté onions and/or leek.

Raw garlic and fresh herbs are great addition in dressings.

To activate allicin, eat them raw or chop and wait for 10 minutes before cooking.



ADD MUSHROOMS

Make sure to have some mushrooms in your bowl!

Chanterelle, cremini, maitake, oyster, porcini, portobello, enoki, Lion's mane, shiitake, white button.

Sauté them to get rid of toxic substance agaritine.



CHOOSE PROTEIN

Legumes: black beans, kidney beans, edamame, tofu, tempeh, mung beans, lentils, peas etc.

Whole grains: quinoa, buckwheat, rice, barley, spelt, farro, whole grain bread or pasta.



HAVE SOME BERRIES

For an extra boost include berries or low sugar fruits like blueberries, cranberries, lingonberries, blackberries, physalis, goji berries, grapefruit, kiwi, or pomegranate seeds.

I suggest water-soaking goji berries first to make them soft!



ADD NUTS AND SEEDS

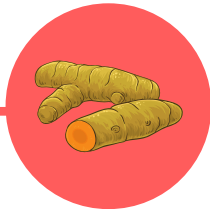
Emphasize flax, chia, and hemp seeds for their omega 3 content!

They are excellent for blending into salad dressings.

Other: almonds, walnuts, cashews, Brazil nuts, pistachios, hazelnuts.



EXTRA TIPS



INCLUDE TURMERIC

A quarter of a teaspoon of turmeric per day is a sufficient quantity.

It's the easiest to add it to your salad dressing.

You can either use fresh root or dried turmeric.



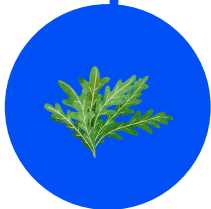
ADD SEAWEEDS

Wakame, nori, dulse, kombu.

Soak dried wakame in water or grind it into a powder for easy sprinkling.

Cut nori sheets into fine strips.

Cook your grains and/or legumes with a piece of kombu.



PICK A BITTER FOOD

Arugula, dill, dandelion greens, Jerusalem artichoke, kale, saffron, sesame seeds, ginger, eggplant, Brussels sprouts, cloves, fennel, and anise.

Alternatively, enjoy a tea about an hour after eating: ginger, chamomile, peppermint, liquorice, anise, fennel.

DRESSING IS THE KEY!

A good dressing is what makes the bowl so awesome!

[Go and download my free Guide to Oil-Free Salad Dressings!](#)

[Or watch this video!](#)



HAVE FERMENTED FOODS

Sauerkraut, kimchi, natto, miso, yogurt, other lacto-fermented vegetables.

Miso and yogurt are perfect for salad dressings!

Pro tip: start slow if you're not used to eating fermented foods.



ENJOY!

Take a few deep breaths before you dig in.

Eat mindfully, away from electronics!

Chew properly as digestion starts in the mouth.

Have a walk afterwards for better digestion and more stable blood sugar levels.



MEAL PREP TIPS & IDEAS

For quick and easy bowl assembly, consider prepping ahead:

- Choose 1-2 whole grains, cook them in batch and store in airtight jars or containers in the fridge.
- Same goes for legumes, if you prefer to cook them yourself: lentils, chickpeas, mung beans, edamame beans. Alternatively, cook a bigger batch of curry or a stew which would also serve as a dressing.
- Sauté a bigger batch of mushrooms and store in the fridge. You may use a mix of different varieties.
- Chop salad and raw veggies (bell pepper, cabbage, carrot) ahead and store them in an airtight container in the fridge.
- Soak raw nuts and seeds for 6-8 hours (4 hours is enough for walnuts) for better digestion and improved nutrient absorption. Hemp, flax, pistachios, and Brazil nuts don't require soaking. For a crunchy result, dehydrate soaked nuts/seeds. If this is not an option, store them in freezer.
- Make enough salad dressing(s) to last for 3-4 days.

In case cooking legumes from scratch is not for you, here are some easier options:

- Have cans of cooked beans and chickpeas in the pantry. Opt for organic brands with no additives. Rinse and drain well before adding to meals.
- Frozen edamame beans are also a quick option requiring only a few minutes of cooking.
- Cubed hard tofu (fermented or not) is a quick thing to add to your bowls. You may marinate it first but it's not absolutely necessary, especially if you can find infused or already marinated variants.



QUINOA-BLACK BEAN BOWL

1 SERVING

Ingredients

- 3-4 cups lettuce
- ¼ cup cooked black beans
- ¼ cup cooked quinoa
- 1 tbsp goji berries, soak
- 2 tbsps sautéed mushrooms
- 3-4 g dried wakame, soak
- Fresh dill to garnish

Directions

1. Cook quinoa and let cool.
2. Soak goji berries in water to make them soft.
3. Soak the dried wakame in water until rehydrated. It will absorb about 10 times as much water as it weighs.
4. Sauté mushrooms: finely slice the mushrooms and throw them into a pot that's been heated up. Cover with lid and simply fry them dry mixing occasionally. It will take about 5 minutes, but water starts to separate. Simmer for a few minutes. If there's a lot of water, remove the lid.
5. Combine all ingredients in a bowl and add a dressing.

For the dressing, check the Dressing Recipes further down!

Also, go and download my free [Guide to Oil-Free Salad Dressings!](#)

Note: feel free to adjust the quantities in the bowl according to your preferences and needs.





CHICKPEA-BUCKWHEAT BOWL

1 SERVING

Ingredients

- 3-4 cups lettuce
- ¼ cup cooked chickpeas
- ¼ cup cooked buckwheat
- A few steamed broccoli florets
- 2 tbsps fermented or sautéed mushrooms
- 3-4 g dried wakame, soak
- 2 walnuts
- 2 tbsps pomegranate seeds
- Green onion to garnish

Directions

1. Cook buckwheat and let cool.
2. Steam broccoli florets for about 3 minutes.
3. Soak the dried wakame in water until rehydrated. It will absorb about 10 times as much water as it weighs.
4. Combine all ingredients in a bowl and add a dressing.

For the dressing, go to the Dressing Recipes!

Also, go and download my free [Guide to Oil-Free Salad Dressings!](#)

Notes:

- Feel free to adjust the quantities in the bowl according to your preferences and needs.
- If you're going to sauté the mushrooms, check the next recipe for instructions.



BLACK RICE-EDAMAME BOWL

1 SERVING

Ingredients

- 90 g cooked beet greens
- ¼ cup cooked black rice
- ¼ cup edamame beans
- ½ cup raw red cabbage
- 3 physalis
- 1 nori sheet cut into strips
- 1 tbsp ground flax
- 2 tbsps sautéed button mushrooms

Directions

1. Cook beet greens in plenty of water. Add the stems first, boil them for about 5 minutes and then throw in chopped leaves. Bring to boil and let simmer without lid for a minutes. Drain well.
2. Sauté mushrooms: finely slice the mushrooms and throw them into a pot that's been heated up. Cover with lid and simply fry them dry mixing occasionally. It will take about 5 minutes, but water starts to separate. Simmer for a few minutes. If there's a lot of water, remove the lid.
3. If you use frozen edamame beans, boil them for a few minutes.
4. Cook the rice and let cool.
5. Combine all ingredients in a bowl and add a dressing.

For the Alfredo Sauce, check the next page!

Also, go and download my free [Guide to Oil-Free Salad Dressings!](#)

Note: feel free to adjust the quantities in the bowl according to your preferences and needs.





VEGAN ALFREDO SAUCE

MAKES ABOUT 3.5 CUPS

Ingredients

- 2 medium onions
- 2 large garlic cloves
- 6 tbsps nutritional yeast
- 1 tbsp miso paste
- 100 g (¾ cup) cashews
- 1.5 cups water

Directions

1. Chop onions and wait for 10 minutes to activate alliin.
2. Sauté the onions: add them into a heated saucepan or a small pot with 2 tablespoons of water and cover with lid. Let them simmer for about 7 minutes until they become translucent. Stir occasionally and add water one tablespoon at a time to prevent sticking.
3. Add all the ingredients into a high-speed blender and process until smooth.
4. Store in a container or a jar in the fridge for up to 5 days.

You can use this sauce on salads, with baked or steamed veggies, or on a pasta dish.

If you don't have miso paste, use soy sauce or tamari for salty taste. Adjust according to your taste.

You don't need to soak the cashews if you have a potent blender. However, if you do soak them, remember to add less water. For example, start with one cup and add more if necessary.

Soaked almonds, sunflower seeds or even tahini can be used instead of cashews. However, cashews give the sauce a mild sweet flavour. Of course, if you have sweet onions, this doesn't matter! 😊

2 MISO DRESSINGS

Miso-Tahini

MAKES 240 ML

- 4 tsps shiro miso
- 4 tsps dark miso
- 8 tsps tahini
- 8 tsps lemon juice
- 1 tsp turmeric
- 1 tsp garlic powder
- 80 ml water



Cashew-Miso

MAKES 400 ML

- 80 g (2.8oz, half cup + 2 tsps.) raw cashews, soak in water
- 2 tsps hemp seeds
- 1 slightly heaping tbsp shiro miso
- 1 slightly heaping tbsp dark miso
- 1 fresh garlic clove
- 1 tbsp + 1 tsp lemon juice
- ½ tsp whole mustard seeds OR ¼ tsp ground
- ½ cup + 3 tsps water
- 100g (3.5oz) plant yogurt
- A big bunch of fresh herbs (basil, parsley, coriander, or dill), optional

Process all the ingredients with an immersion blender or in a regular blender. Store in an airtight container or a jar in the fridge.

Miso-tahini dressing can also be mixed together in a bowl, adding water gradually.

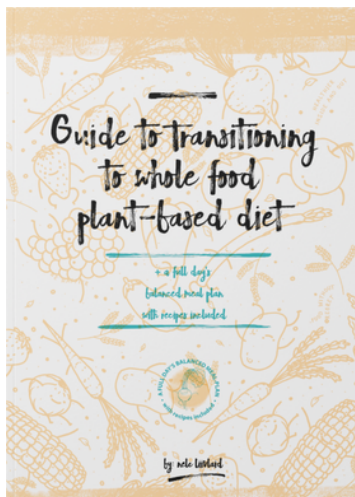
Notes:

- Adjust water content according to the desired consistency. Use less in the beginning and add more if necessary.
- Fresh garlic can be used (in fact, is encouraged 😊) instead of powder.
- You may substitute lemon juice with apple cider vinegar or balsamic vinegar.

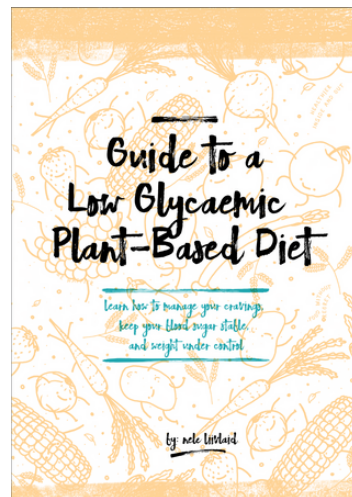
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I invite you to do even more for your health and vitality by downloading my free guides on whole food plant-based eating, naturally healing Candida overgrowth, and fasting:

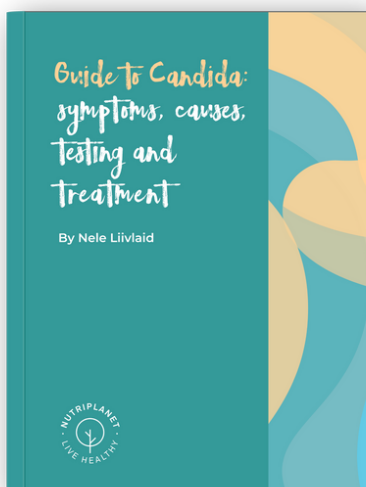
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