

Make Your Own Harvest Bowl

Choose Your Greens

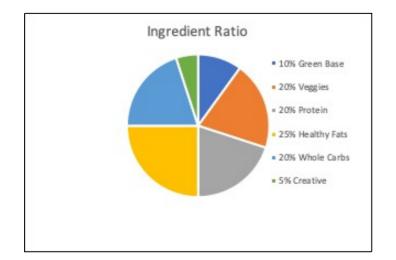
- * Lettuce
- * Spinach
- * Kale
- * Cabbage
- * Dark Leafy Green

Pick Your Protein

- ✤ Beef
- * Chicken
- ✤ Tofu
- ★ Eggs
- ★ Seafood

Add Carbohydrates

- * Brown Rice
- ✤ Quinoa
- ★ Lentils
- * Sweet Potatoes



Add Your Veggies

- * Broccoli
- * Cauliflower
- * Carrots
- * Cucumber
- * Zucchini
- ★ Bell Peppers

Add Healthy Fats

- * Avocado
- * Extra Virgin Olive Oil
- * Nuts and Seeds

Get Creative

- * Blueberries
- ✤ Mint
- * Lime
- ★ Cilantro
- * Lime

