



# 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

