

# HIGH PROTEIN BUILD-IT CHEAT SHEET

High Protein options to include in your bowl, wrap or salad:



Chicken



Steak



Black Beans



Chickpeas



Cheese



Boiled Egg

House Suggestions:



Base: Half rice / half salad  
Protein: Grilled Steak  
Toppings:  
Black beans, Chickpeas, Feta  
Add: Hard Boiled Egg  
Dressing: Tzatziki



Base: Spinach + Kale  
Protein: Grilled Chicken  
Toppings:  
Black beans  
Feta  
Chickpeas  
Add-On: Hard Boiled Egg  
Dressing: Tzatziki

Tortilla: Spinach tortilla  
Protein: Grilled Steak  
Toppings:  
White Rice, Black beans, Feta, Pico de gallo  
Dressing: Spicy avocado (small amount)

