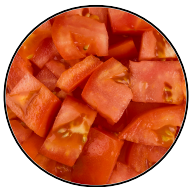
# VITAMIN RICH BUILD-IT CHEAT SHEET

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

Kale

Spinach


Tomatoes

Carrots

Beets

Red Onion

Corn

Chickpeas

Black Beans

Avocado

Grilled Vegetables

Tzatziki

## House Suggestions:

Base: Kale + Spinach
Protein: Grilled Chicken
Toppings:
Beets, Carrots, Pico de gallo
Add-On: Avocado
Dressing: Tzatziki

Tortilla: Spinach tortilla
Protein: Grilled Chicken
Toppings:
Peppers & onions, Corn, Pico de gallo
Add-On: Avocado

Base: Half rice / half salad
Protein: Grilled Chicken
Toppings:
Beets, Carrots, Chickpeas
Add-On:
Flax seeds or Avocado