

Harvest Bowl Formula

FRESH IDEAS FROM YOUR OWN KITCHEN

(PICK 1 OR 2 FROM EACH CATEGORY TO BUILD YOUR OWN HARVEST BOWL)

<i>Leftovers</i>	Base	Side	Crunchies	Veggies, etc.	Dressing	Inspiration
Tacos/ Mexican	Mixed greens Romaine Iceberg lettuce Cabbage	Rice Black Beans Quinoa	Tortilla chips	Tomatoes Corn Avocado Onion Cilantro	Salsa/sour cream Ranch Cilantro lime vinaigrette	Chili's Santa Fe Chicken Salad Panera Baja Bowl
Curry	Romaine Iceberg lettuce Cabbage	Basmati rice Quinoa	cashews Almonds Walnuts	Carrots Tomatoes Bell peppers Basil Cilantro	Teriyaki Soy Sauce	Sweet Green's Curry Cauliflower
BBQ Grilled Chicken Boneless buffalo wings	Mixed greens Romaine Iceberg Cabbage	Black Beans	Tortilla chips Pine nuts Jicama	Tomatoes Cucumbers Bell Peppers Dill Cilantro	Ranch	CPK's BBQ Chicken chop salad
Pork chops	Romaine Cabbage	Sweet potatoes Cooked apples	Walnuts Dried Cranberries Almonds	Diced apples Brussels Sprouts	Balsamic Vinaigrette	Sweet Green's Chicken + Brussels
Pad Thai	Cabbage	Garlic green beans	Cashews Peanuts	Shredded Carrots Bell Peppers Spiralized zucchini Avocado	Peanut sauce Teriyaki Asian vinaigrette	Did I just make this one up? I think so...