

Meal Prep Selections per 5 meals \$ 43.00

PICK 1 PROTEIN (4oz) Mediterrenean chicken BBQ chicken Rosemary shredded chicken Salmon* Falafel Tofu Filet tips* Sub for Veggie Sub for Base

PICK 1 VEGGIE (4oz) Roasted broccoli Roasted cauliflower Sauteed mushroom Roasted sweet potato Garlic green beans Balsami brussels Chickpeas Black beans

PICK 2 Bases (1.5 cup) Jasmine rice Brown rice Veggie quinoa sweet potato noodles Mixed greens Spiced lentils

PICK 1 Sauce lemon herb tahini sriracha ranch chimichurri roasted garlic caesar creamy garlic avocado sweet and sticky carrot ginger no sauce

*Premium protein: + 3.00 meal

Special instructions: _____

email: harvestbowltampa@gmail.com

OR

Call: 813-512-8306