



TIEMPO SALUDABLE

Salad Bowls

• 9

(Your choice of 6 ingredients, does not include protein)

HOJAS VERDES

Choose 1

- Arugula · 50 cal
- Kale · 50 cal
- Romaine · 20 cal
- Watercress · 20 cal

FRUTAS FRESCAS

Choose 1

- Pineapple · 25 cal
- Strawberries · 20 cal
- Pomegranate · 70 cal
- Orange · 40 cal
- Mango · 30 cal

VERDURAS

Choose 1

- Tomato · 25 cal
- Cucumber · 10 cal
- Baby carrots · 25 cal
- Avocado · 80 cal

GRANOS

Choose 1

- Quinoa multicolor · 200 cal
- Chickpeas · 200 cal
- Lentils · 200 cal
- Wild rice · 70 cal

NUECES

Choose 1

- Chestnuts · 30 cal
- Walnuts · 80 cal
- Almonds · 70 cal
- Pumpkin seeds · 35 cal

ADEREZOS

Choose 1

- Pineapple vinaigrette · 90 cal
- Citric · 100 cal
- Oriental · 100 cal
- Green Tahini · 155 cal

PROTEINAS

+ 5

- 5 Oz Grilled Chicken · 200 cal
- 4 Oz Fresh Salmon · 190 ca
- 4 Oz Pan Seared Tuna · 160 cal
- 4 Oz Blaken Shrimp · 160 cal
- Hard Boiled Egg · 78 cal



*Calory information provided by
Myfitnesspal.com