

BURRITO BOWL BUILDER

NO MONEY
NO TIME



Use our burrito bowl builder to create a tasty meal packed full of nutrients.

CHOOSE A BASE

Choose 1 or a mix to build the base for your bowl

- White rice
- Brown rice
- Lettuce
- Quinoa
- Spinach
- Cauliflower rice



+ PROTEIN

Include a source of **lean protein** to help you feel full and satisfied. *Tip: try cooking with cumin, paprika, garlic and onion for a Mexican flavour*

- Chicken
- Beef
- Prawns
- Turkey mince
- Tofu
- Black beans
- Lentils
- Kidney beans



+ COLOUR

Add a **variety of vegetables** to add colour and nutrients. Aim for 2-3 types per bowl to improve your dietary variety.

- Tomato
- Pico do gallo
- Cucumber
- Onion
- Corn
- Capsicum
- Avocado
- Mushrooms
- Sweet potato
- Grated carrot
- Lettuce
- Spinach



+ FLAVOUR BOOSTERS

Add some flavour boosters to add flavour and texture to your bowl

- Salsa
- Guacamole
- Shredded cheese
- Light sour cream
- Greek yogurt
- Chipotle sauce
- Fresh coriander
- Crushed tortilla chips
- Lime

