

Meal Prep Menu

Sundays 12-3 PM

Bowls include: 1 Base, 1 Protein,
Unlimited toppings + 1 Sauce

Bases

- Roasted sweet potatoes
- Fresh green beans
- Chopped romaine
- Roasted broccoli 
- Roasted potatoes
- White rice

Proteins (4oz)

- Honey garlic chicken
- Savory shaved beef
- Juicy ground beef
- Apple chicken sausage
- Black beans (V)
- Tender pulled pork

Hot Toppings

- Sauteed onions & peppers
- Sauteed mushrooms
- Roasted corn
- Roasted broccoli 
- Sauteed zucchini

Cold Toppings

- Pesto tomatoes 
- Onions/Cilantro
- Banana peppers
- Dill pickles
- Black olives
- Triple cheddar 
- Monterey jack 

Sauces

(Extra sauces .25)

- Ranch 
- Sweet Teriyaki
- BBQ
- Hot Honey Vinaigrette
- Remoulade
- Queso 2oz (\$1.00) 



3 Bowls = \$36
4 Bowls = \$ 46
5 Bowls or more = \$11 per bowl

Place orders at
halogourmetbowls.com