




# UNLOCK YOUR MENU





## ON THE SPOT SWAPS: SALAD







### BASE OPTIONS

			
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### PROTEIN

			
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### GRAINS & SEEDS

			
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### VEGETABLE

			
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### TOPPING

			
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### DRESSING




			
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# UNLOCK YOUR MENU

## ON THE SPOT SWAPS: PASTA







### PASTA

			
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### PROTEIN

			
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### SAUCE

			
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### CHEESE/TOPPING


			
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# UNLOCK YOUR MENU



## ON THE SPOT SWAPS: SMOOTHIE BOWL

### BASE

			
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### FRUIT

			
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### TOPPING

			
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### SAUCE

			
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