

1 serving: 3-4 oz

Ground beef
Ground pork
Ground chicken
Tofu
Lentils
Pinto beans
Shrimp
Salmon
Cod
Tilapia
Halibut
Rainbow Trout
Sole



Prepare your favorite vegetables fresh, sauted, steamed or grilled

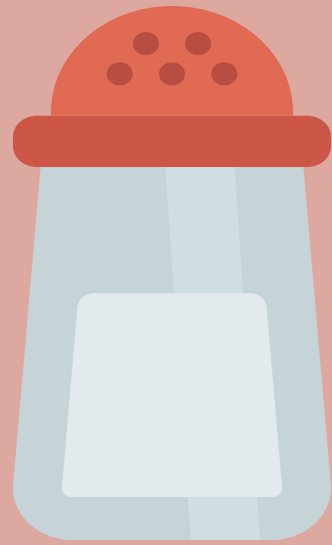
Lettuce
Cabbage
Tomatoes
Onion
Green Peppers
Leek
Scallion
Mushrooms



3. Season and add topping

Seasonings:
Salt, Pepper, Garlic, Paprika,
Cumin, Turmeric, Cayenne pepper

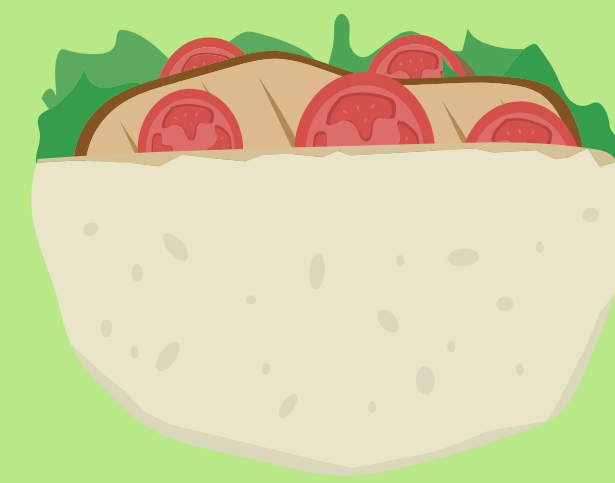
Toppings:
Cheese, avocado, lemon/lime, sour
cream, salsa, Greek yogurt



4. Wrap and top!

Wheat tortilla
Rice tortilla
Corn tortilla
Spelt tortilla
Lettuce wrap

Alternatively, serve in a
bowl of rice, quinoa, or
mixed greens.



7219 Hanover Pkwy, Ste. D
Greenbelt, MD 20770

9881 Broken Land Pkwy, Ste. 105
Columbia, MD 21046

611 Ridgely Ave
Annapolis, MD 21401

T 301-474-2499 rbitzer.com F 301-474-5943