



PARROT CHOP BUILDER

Dark Green Leafy Vegetables (Pick at least three)	Red, Orange, and Yellow Vegetables (Pick at least three)	Fruit (Pick one or two)	Herbs and Spices (Pick one or two)
Arugula	Beets	Apple	Basil
Bock Choy	Bell Peppers	Banana	Ceylon Cinnamon
Broccoli	Carrots	Blackberries	Cilantro
Broccoli Rabe	Jalepeno Peppers	Cantaloupe	Dill
Brussels Sprouts	Pumpkin (Fresh)	Cherries	Mint
Cauliflower	Pablano Peppers	Cranberries	Oregano
Chard	Radish	Dragon Fruit	Parsley
Collard Greens	Red Cabbage	Kiwi	Rosemary
Dandelion Greens	Turnup	Mango	Thyme
Kale	Acorn Squash	Papaya	
Mustard Greens	Butternut Squash	Peach	
Okra	Spaghetti Squash	Pineapple	
Romaine	Sweet Potatoes (Cooked)	Plums	
Turnup Greens	Sweet Peppers	Pomegranite	
Watercress	Zucchini (Yellow or Green)	Orange	
		Star Fruit	

- Please use organic if available.