

# CHOP BUILDER

1. Make sure to always wash all ingredients thoroughly.
2. Chop each vegetable & fruit coarsely; then place in food processor for a fine & consistent chop.
3. Mix well and add in the “toppers” from the Herbs, Spices & Whole Grains column.
4. Store in refrigerator for 7-10 days or store in freezer for 2-3 months.

<b>DARK LEAFY GREEN VEGETABLES</b> <i>(Pick Three to Six)</i>	<b>RED, ORANGE &amp; YELLOW VEGETABLES</b> <i>(Pick Three or Four)</i>	<b>FRUIT</b> <i>(Pick One or Two)</i>	<b>HERBS, SPICES &amp; WHOLE GRAINS</b> <i>(Pick One or Two)</i>
Bok Choy	Bell Peppers	Apple	Basil
Broccoli	Carrots	Apricot	Bee Pollen
Brussels Sprouts	Corn	Banana	Brown Rice
Cauliflower	Chili Pepper	Blackberries/Blueberries	Celery Root
Collard Greens	Hot Peppers	Carambola (Star Fruit)	Ceylon Cinnamon
Dandelion Greens	Parsnip	Cherry	Chia Seeds
Endive	Pumpkin	Coconut	Coriander (Cilantro)
Fennel	Radish	Cranberry	Dill
Kale	Radicchio	Dragon Fruit	Ginger Root
Mustard Greens	Red Beets	Grape	Mint
Okra	Red Cabbage	Guava	Oregano
Radish Tops	Rutabagas	Kiwi	Parsley
Red Leaf Lettuces	Squash	Mango	Quinoa
Rocket (Arugula)	Sweet Potato	Melon	Rosemary
Romaine Lettuce	Yellow Beets	Papaya	Thyme
Swiss Chard	Yellow Squash	Peach/Plum	Turmeric
Turnip Greens	Yucca Root	Pear	Wheat Germ
Watercress	Zucchini	Strawberry	Whole Grain Pasta



## PRO TIPS

1. For picky birds and to help with diet conversion, make sure all vegetables are chopped finely at the same consistency. To offer variety, chop each vegetable a little differently.
2. When freezing, chop everything at the same consistency and avoid extra watery/juicy fruits and vegetables.
3. Freeze in portions that your bird will use in about a week.
4. When thawing, drain in colander or on paper towels and mix in some Old Fashioned Whole Grain Oats to help absorb the extra moisture. Draining does make it less nutritious.