ΡΟΤΑΤΟ ΤΥΡΕS

PREPARATION STYLES

From russets, reds, yellows, whites, purples, fingerlings and petites, there are a variety of potato options to fuel the body and the brain throughout the day. Easy to prepare and pair with a variety of cuisines, potatoes lend themselves to convenient meal prep to fuel workouts throughout the week. They can be whipped together with a few healthy ingredients in 30 minutes or less for a delicious meal.



