

Mason Jar Salads

1

NOURISH SALAD

1. ½ cup salad dressing
2. 1 cup chickpeas - drained and rinsed
3. 1 cup cooked quinoa
4. ½ cup chopped carrots
5. ½ cup red onion
6. Handful of mixed greens

2

APPLE AND CHEESE

1. ½ cup salad dressing
2. ¾ cup chopped apple
3. Handful of baby spinach
4. ¼ cup cheese cubes
5. ¼ cup pumpkin seeds - raw or roasted

4

ANTIOXIDANT SALAD

1. ½ cup salad dressing
2. ½ cup cooked quinoa
3. ¾ cup snap peas - chopped in half
4. 1 medium carrot - peeled and chopped
5. Handful of mixed greens
6. ½ cup fresh blueberries

3

CHICKEN AVOCADO TACO

1. ½ cup avocado dressing
2. 1 cup black beans - drained and rinsed
3. 1 cup cooked chicken breast - chopped
4. ½ cup grape tomatoes - sliced in half
5. ½ cup canned corn - drained
6. Handful of mixed greens
7. ½ cup tortilla chips - crushed

5

COBB SALAD

1. ½ cup salad dressing
2. 1 medium carrot - peeled and chopped
3. ½ cup canned corn - drained
4. ½ cup cherry tomatoes - sliced in half
5. ½ cup cucumber - sliced in half
6. Handful of mixed greens
7. 1 hard boiled egg - sliced
8. 2 cooked bacon strips - chopped small

6

RAINBOW SALAD

1. ½ cup salad dressing
2. 1 cup cooked quinoa
3. 1 medium carrot - peeled and chopped
4. 1 cup snap peas - cut in half
5. ½ cup chopped red onion
6. ½ cup chopped yellow bell pepper
7. ½ cup chopped red bell pepper

INSTRUCTIONS:

Add the ingredients to a mason jar in the order listed above. Start by pouring in the salad dressing, then add hard veggies, beans or grains. Then add other ingredients. Seal jar with lid and store in the fridge until ready to use.

How To Eat: Give the mason jar a really good shake upside down to help mix in the dressing. You can eat with a fork right from the jar, or dump all ingredients into a bowl and serve.