

DIY Mason Jar Salad

Layer 5: Protein (1/2 – 1 cup)

Whether it's meat, dairy or vegetarian beans and tofu, don't forget this important food group!



Layer 4: Greens (1/2 – 1 cup)

Not a fan of leafy greens? Add more in Layers 2 & 3!



Layer 3: Cooked & Absorbent Veggies or Carbs or Fat (1/2 cup)

Cucumbers, roasted potatoes, avocados or quinoa, choose 1 category.



Layer 2: Raw & Non-Absorbent Veggies (1/2 - 1 cup)

These can be whole, chopped, grated or spiralized! Get creative!



Layer 1: Condiment or Sauce (2 Tablespoons if oil-based)

Use the recipes or brands listed in your workbook OR simply choose a balsamic vinegar or salsa if you like to use larger portions!



***We find the 32oz. Mason jar to be the perfect size for to-go meals.
When ready, simply shake and eat!***