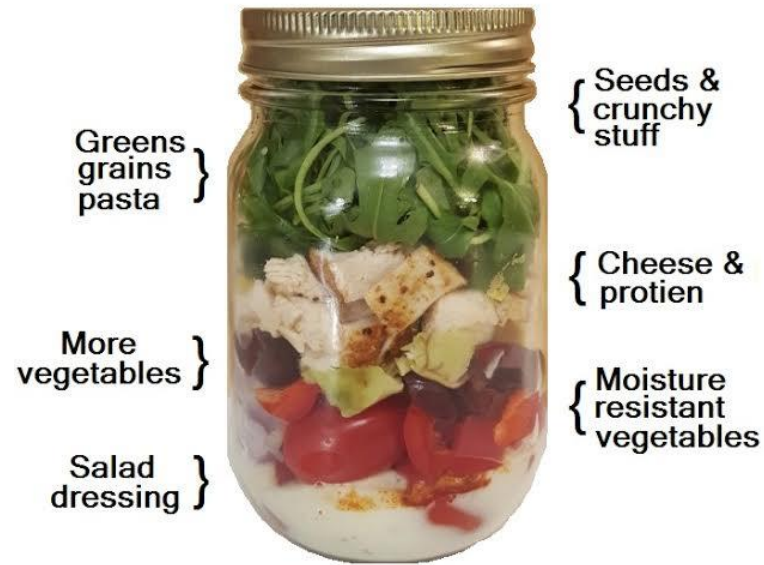


Master Mason Jar Meal List

Mason Jar Assembly



Layering

| Meal | Salad dressing – 2 Tbsp. (dressing not always used) | Moisture Resist Vegetables | Other Vegetables | Protein & cheese | greens, grains, pasta and crunchy bits |
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| Apple Pecan (7) | Sweet onion (2) | Cherry tomatoes Red Onions | Apples | chicken (2) Goat cheese (1) | Pecans (2) Mixed greens |
| Asian Sesame (7) | Asian dressing (4) | Cherry tomatoes Sweet Peppers | Cucumbers Carrots Bean sprouts | chicken (2) | Sesame Seeds (1) |
| Black Bean & Quinoa (6) | Balsamic Vinegar (2) | Blue Berries Cherry tomatoes Red Onion | Cucumbers | Black Beans (2) Quinoa (2) | Spinach |

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| BLT with Egg | Olive oil salad dressing (2) | Cherry tomatoes Red Onion | Cucumbers | Bacon (2) Egg (2) Cheddar cheese | Mixed greens |
| Burrito in a Jar | Sour Cream | Red Onion Black Olives | Salsa | chicken Cheddar cheese Refried beans Black Beans | |
| chicken Caesar (7) | Caesar dressing (2) | Red Onion | | chicken (2) Bacon (2) Parmesan (1) | Kale/baby Romaine |
| chicken Fajita (7) | Low Cal Ranch (2) Fajita Seasoning | Cherry tomatoes Red Onion Black Olives (1) | Roasted Red Peppers Avocado (1) | Cheddar (1) chicken (2) | Mixed greens |
| Chopped Cobb (7) | Low Cal Ranch (2) | Cherry tomatoes Red Onions | Cucumbers | Egg (1) Bacon (1) Ham (1) chicken (2) | Kale/Spinach |
| Egg Salad (7) | Olive oil salad dressing (2) Eggs, chopped (4) *Mix with dressing | Celery Red Onion Radish | Peppers Green Onion | Ham (1) | Mixed greens |
| Greek (7) | Greek dressing (2) | Black Olives (2) Cherry tomatoes Red Onion | Cucumbers | Feta cheese (1) chicken (1) Rotini (1) | |
| Greek with Pasta (7) | Greek dressing (2) | Black Olives (2) Cherry tomatoes Red Onion | Cucumbers | Feta cheese (1) chicken (2) | |
| Loaded Tuna Salad (7) | Olive oil salad dressing (2) | Celery Red Onion | Carrots | Tuna (1) cheese (1) Rotini (3) | Zucchini Green onions |
| Protein Madness (7) | Low Cal Ranch (2) | Cherry tomatoes Red Onions | Corn (1) | Black Beans (2) chicken (2) | Mixed greens Cilantro |
| Mediterranean (7) | Balsamic Vinaigrette dressing (2) | Artichokes Black Olives (1) Cherry tomatoes | Cucumbers | Parmesan (1) chicken (2) White cannellini bean (1) | |
| Mixed with Chickpeas (7) | Low Cal Sesame (2) | Cherry tomatoes Sweet Peppers | Celery Cucumbers | Goat cheese (1) Chickpeas (3) | Spinach Flax Seeds (1) |
| Roasted Vegetable Salad (7) | Balsamic Vinaigrette dressing (2) | Sweet peppers Red onion | Mushrooms Cherry tomatoes | Goat cheese (2) chicken (3) | |
| Southwest Black Bean (7) | Low Cal Ranch (2) Fajita Seasoning | Cherry tomatoes Red onion | Avocado (1) Blackened corn | Black Beans (2) chicken (2) | Mixed greens |

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| Spanish Fiesta | Diced tomatoes in juices | Sweet peppers Red onion | | Chicken Black beans Cheddar cheese | Spanish Rice |
| Steak with Zesty Avocado (7) | Zesty Avocado Cilantro Buttermilk dressing (2) | Sweet peppers Red onion | Mango Avocado (1) | Gorgonzola (2) Steak (2) | greens Chives |
| Taco Mason Jar Salad (7) | Low Cal Ranch (2) | Cherry tomatoes Red Onion | Carrots Snap Peas Green onion | Ground beef & taco spice (4) Cheddar cheese (1) | Mixed greens |
| Thai Curry chicken Salad (5) | Low calorie honey Dijon (2) | Sweet peppers Red onion Pineapple, fresh | Cucumbers | Sesame seeds (1) chicken (2) | Mixed greens |

Measurements

| Meal | Ingredient | Measurement | WW SP | Preparation |
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| Apple Pecan (7) <i>Review: Not great, did not like with the dressing, may try again</i> | Low cal sweet onion Cherry tomatoes Red onion Apples Goat cheese Roasted chicken breast Pecans Mix greens | 2 tablespoons 10-12 1 tablespoons 3/4 cup 1 tablespoon 1/3 cup 1 tablespoon 1 cup | 2 1 2 2 | Whole Chopped Peeled & Chopped Crumbled Cooked & Chopped Chopped |
| Asian Sesame (7) <i>Review: Family favourite</i> | Asian dressing Cherry tomatoes Sweet peppers Cucumbers Carrots Bean sprouts Roasted chicken breast Sesame seeds | 2 tablespoons 6 to 8 1/4 cup 1/4 cup 1/2 cup 1/2 cup 1/3 cup 1 teaspoon | 4 2 1 | Whole Deseeded & Sliced thin Peeled & Chopped Peeled & Shredded Cooked & Chopped |

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| Black Bean & Quinoa (6) Review: OK, not awesome | Fat free balsamic vinegar Blue berries Cherry tomatoes Red onion Cucumbers Black beans Quinoa Baby spinach | 2 tablespoons 1/4 cup 6 to 8 1 tablespoon 1/4 cup 1/3 cup 1/3 cup 1 cup | 2 2 2 | Whole Peeled & Chopped Peeled & Chopped Drained & Rinsed Cooked & cooled |
| BLT with Egg (7) Review: Family favourite | Olive oil salad dressing Garlic powder Cherry tomatoes Red onion Cucumbers Bacon Hard-boiled egg Cheddar cheese Mixed greens | 2 tablespoons 1/4 teaspoon 6 to 8 1 tablespoon 1/3 cup 2 Slices 1 egg 1 tablespoon 1 cup | 2 2 2 1 | Mix dressing with garlic powder Whole Peeled & Chopped Peeled & Chopped Cooked and Crumbled Boil, cook and chop Shredded |
| Burrito in a Jar Review: NEW | Roasted chicken breast Refried beans Salsa Red onion Black olives Black beans Cheddar cheese Sour cream | 1/3 cup 1/4 cup 2 tablespoons 1 tablespoon 4 1/4 cup 1 tablespoon 2 tablespoons | | Cooked & shredded Peeled & Chopped Sliced in half Canned & rinsed Shredded In an applesauce container on top |
| chicken Caesar with Kale (7) Review: Family favourite | Garlic Red onion Roasted chicken breast Bacon Parmesan Romaine/Kale Low calorie caesar | 1/2 clove 1 tablespoon 1/3 cup 2 Slices 1 tablespoon 1 cup 2 tablespoons | 2 2 1 2 | Peeled & finely diced Peeled & minced Cooked & Chopped Cooked and Crumbled Grated In an applesauce container on top |

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| Chicken Fajita (7) Review: Family favourite | Low calorie ranch Fajita seasoning Cherry tomatoes Red onion Black olives Roasted red peppers Avocado Cheddar cheese Roasted chicken breast Mixed greens | 2 tablespoons 1 teaspoon 6 to 8 1 tablespoon 4 1/4 cup 1/4 1 tablespoon 1/3 cup 1 cup | 2 1 1 2 | Mix lightly with the dressing Whole Peeled & Chopped Sliced in half Cut into large pieces Peel, remove seed and chop Shredded Cooked & Chopped |
| Chopped Cobb (7) Review: OK, not awesome | Light ranch Cherry tomatoes Red onion Cucumbers Hard-boiled egg Bacon Ham Roasted chicken breast Mixed greens | 2 tablespoons 6 to 8 1 tablespoon 1/2 cup 1/2 egg 1 Slice 1/4 cup 1/3 cup 1 cup | 2 1 1 2 | Whole Peeled & Chopped Peeled & Chopped Boil, cook and chop Cooked and Crumbled Chopped fine Cooked & Chopped |
| Egg Salad (7) Review: Only good stored for 1 day | Olive oil salad dressing Eggs, chopped Celery Red onion Radish, sliced Peppers, sliced thin Green Onion Ham, rosemary Mixed greens | 2 tablespoons 2 eggs 1/3 cup 1 tablespoon 1 tablespoon 1/4 cup 2 tablespoons 2 slices 1 cup | 2 4 1 | Boil, cook, chop and mix with dressing Chopped thin Peeled & Chopped Peeled & Chopped Sliced thin and chopped Chopped Diced |
| Greek (7) Review: Family favourite | Greek dressing Black olives Cherry tomatoes Red onion Cucumbers Sweet peppers Feta cheese Roasted chicken breast | 2 tablespoons 6 10 to 12 1 tablespoon 3/4 cup 1/2 cup 1 tablespoon 1/3 cup | 2 1 2 | Sliced in half Whole Peeled & Chopped Peeled & Chopped Chopped large Crumbled Cooked & Chopped |

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| <p>Greek with Pasta (7)</p> <p>Review: Great</p> | <p>Greek dressing Black olives Cherry tomatoes Red onion Cucumbers Sweet peppers Feta cheese Rotini, gluten free Roasted chicken breast</p> | <p>2 tablespoons 6 10 to 12 1 tablespoon 3/4 cup 1/2 cup 1 tablespoon 1/4 cup 1/4 cup</p> | <p>2 2 1 1 1</p> | <p>Sliced in half Whole Peeled & Chopped Peeled & Chopped Chopped large Crumbled Boil, cook Cooked & Chopped</p> |
| <p>Loaded Tuna Salad (7)</p> <p>Review: Good, but only good for 3 days</p> | <p>Olive oil salad dressing Celery Red onion Carrots Tuna Cheddar cheese Rotini, gluten free Zucchini, spiral Green onion</p> | <p>2 tablespoons 1/3 cup 2 tablespoons 1/2 cup 1/2 can 1 tablespoon 1/3 cup 1/3 cup 2 tablespoons</p> | <p>2 1 1 3 </p> | <p>Chopped thin Peeled & Chopped Peel, shred or dice Drain Shredded Boil, cook Spiraled Chopped</p> |
| <p>Mediterranean (7)</p> <p>Review: Family favourite</p> | <p>Balsamic dressing Artichokes Black olives Cherry tomatoes White cannellini bean Cucumbers Parmesan Roasted chicken breast</p> | <p>2 tablespoons 1/4 cup 3 10 to 12 1/4 cup 1/2 cup 1 tablespoon 1/3 cup</p> | <p>2 1 1 1 2</p> | <p>Drained & chopped Sliced in half Whole Drained & Rinsed Chopped large Grated Cooked & Chopped</p> |
| <p>Roasted Vegetable Salad (7)</p> <p>Review: Great</p> | <p>Balsamic vinaigrette dressing Sweet peppers Red onion Mushrooms Goat cheese Cherry tomatoes Roasted chicken breast</p> | <p>1/2 2 tablespoons 1/ cup 2 tablespoons 6 to 8 1/2 cup</p> | <p>2 2 3</p> | <p>Grilled & Chopped Roasted & Chopped Roasted & Chopped Crumbled Roasted & Whole Cooked & Chopped</p> |

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| Southwest Black Bean (7) Review: Great | Light ranch Fajita seasoning Cherry tomatoes Red onion Avocado Roasted corn Black beans Roasted chicken breast Mixed greens | 2 tablespoons 1/2 teaspoon 6 to 8 1 tablespoon 1/4 1/4 cup 1/4 cup 1/3 cup 1 cup | 2 1 1 1 2 | Mix lightly with the dressing Whole Peeled & Chopped Peel, remove seed and chop Roast and cool Drain and rinse Cooked & Chopped |
| Spanish Fiesta Review: NEW (can be heated) | Diced tomatoes Roasted chicken breast Spanish rice Red onion Sweet peppers Black beans Cheddar cheese | 1/3 cup 1/3 cup 1/2 cup 1 tablespoon 1/3 cup 1/4 cup 1 tablespoon | | Do not rinse, these are from a can Cooked & shredded Cooked Peeled & Chopped Diced Canned & rinsed Shredded |
| Steak with Zesty Avocado (7) Review: Good, next time more blue cheese (I only added 1/2 teaspoon this time) | Zesty avocado cilantro Buttermilk dressing Sweet peppers Red onion Mango Avocado Gorgonzola Steak greens Chives | 2 tablespoons 1/2 cup 1 tablespoon 1/4 cup 1/4 1 tablespoon 1/3 cup 1 cup 2 teaspoons | 2 1 2 2 | Chopped large Peeled & Chopped Peeled & Chopped Peel, remove seed and chop Crumbled Cooked med/rare & Chopped Chopped |
| Taco Mason Jar Salad (7) Review: NEW | Light ranch Cherry tomatoes Red onion Carrots Snap peas, stringless Green onions Ground beef & taco spice Cheddar cheese Mixed greens | 2 tablespoons 6 to 8 1 tablespoon 1/2 cup 1/3 cup 1 tablespoon 1/3 cup 1 tablespoon 1 cup | 2 4 1 | Whole Peeled & Chopped Peel, shred or dice (or pre-shred) Rinse and pat dry Sliced thin Cook, cool and crumbled Shredded |

Credit: <http://www.freshmama.net/2015/10/mason-jar-taco-salad-21-day-fix-approved.html>

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| Thai Curry chicken Salad (5) <p style="color: red; text-align: center;">Review: OK</p> | Low calorie honey dijon Sweet peppers Red onion Cucumbers Pineapple Sesame seeds Roasted chicken breast Mixed greens | 1/2 cup 2 tablespoon 1/4 cup 1/4 cup 1 teaspoon 1/3 cup 1 cup | 2 1 2 | Diced Peeled & Chopped Peeled & Chopped Peeled & Chopped Cooked & Chopped |
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