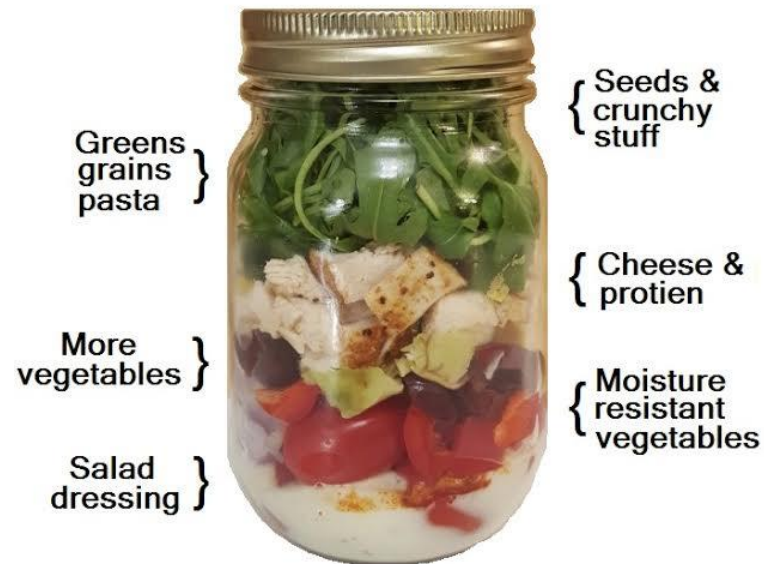


Master Mason Jar Salad List

Mason Jar Assembly



Layering

Salad	Salad Dressing – 2 Tbsp.	Moisture Resist Vegetables	Other Vegetables	Protein & Cheese	Greens, grains, pasta and Crunchy bits
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
BLT with Egg	Olive Oil Salad Dressing (2)	Cherry Tomatoes Red Onion	Cucumbers	Bacon (2) Egg (2) Cheddar cheese	Mixed Greens
Chicken Caesar (7)	Caesar dressing (2)	Cherry Tomatoes	Cucumbers	Chicken (2)	Kale/Spinach

		Red Onion		Bacon (2) Parmesan (1)	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	Low Cal Ranch (2) Fajita Seasoning	Cherry tomatoes Red Onion	Avocado (1) Blackened corn	Black Beans (2) Chicken (2)	Mixed Greens
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

Salad	Ingredient	Measurement	WW SP	Preparation
Apple Pecan (7) Review: Not great, did not like with the dressing, may try again	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) Review: Family favourite	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
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	2 tablespoons 1/4 teaspoon 6 to 8 1 tablespoon 1/3 cup 2 Slices 1 egg 1 tablespoon	2 2 2 1	Mix salad dressing with garlic powder Whole Peeled & Chopped Peeled & Chopped Cooked and Crumbled Boil, cook and chop Shredded

	Mixed Greens	1 cup		
Chicken Caesar with Kale (7) Review: Family favourite	Low Calorie Caesar Garlic Red onion Cucumbers Roasted Chicken breast Bacon Parmesan Romaine	2 tablespoons ½ clove 1 tablespoon 1/3 cup 1/3 cup 2 Slices 1 tablespoon 1/2 cup	2 2 2 1	Peeled & finely diced Peeled & finely diced Peeled & Chopped Cooked & Chopped Cooked and Crumbled Grated
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 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 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	2 tablespoons 2 eggs 1/3 cup 1 tablespoon 1 tablespoon 1/4 cup 2 tablespoons	2 4 	Boil, cook, chop and mix with dressing Chopped thin Peeled & Chopped Peeled & Chopped Sliced thin and chopped Chopped

	Ham, rosemary Mixed Greens	2 slices 1 cup	1	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 2 1 2	Sliced in half Whole Peeled & Chopped Peeled & Chopped Chopped large Crumbled Cooked & Chopped
Greek with Pasta (7) Review: Great	Greek dressing Black olives Cherry Tomatoes Red onion Cucumbers Sweet peppers Feta cheese Rotini, gluten free Roasted Chicken breast	2 tablespoons 6 10 to 12 1 tablespoon 3/4 cup 1/2 cup 1 tablespoon 1/4 cup 1/4 cup	2 2 1 1 1	Sliced in half Whole Peeled & Chopped Peeled & Chopped Chopped large Crumbled Boil, cook Cooked & Chopped
Loaded Tuna Salad (7) Review: Good, but only good for 3 days	Olive Oil Salad dressing Celery Red onion Carrots Tuna Cheddar Cheese Rotini, gluten free Zucchini, spiral Green Onion	2 tablespoons 1/3 cup 2 tablespoons 1/2 cup 1/2 can 1 tablespoon 1/3 cup 1/3 cup 2 tablespoons	2 1 1 3	Chopped thin Peeled & Chopped Peel, shred or dice Drain Shredded Boil, cook Spiraled Chopped
Mediterranean (7) Review: Family favourite	Balsamic Dressing Artichokes Black olives Cherry Tomatoes White cannellini bean Cucumbers Parmesan Roasted Chicken breast	2 tablespoons 1/4 cup 3 10 to 12 1/4 cup 1/2 cup 1 tablespoon 1/3 cup	2 1 1 1 1 2	Drained & chopped Sliced in half Whole Drained & Rinsed Chopped large Grated Cooked & Chopped

<p>Roasted Vegetable Salad (7)</p> <p>Review: Great</p>	<p>Balsamic Vinaigrette Dressing</p> <p>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>
<p>Southwest Black Bean (7)</p> <p>Review: Great</p>	<p>Light ranch Fajita Seasoning Cherry Tomatoes Red onion Avocado Roasted corn Black beans Roasted Chicken breast Mixed Greens</p>	<p>2 tablespoons 1/2 teaspoon 6 to 8 1 tablespoon 1/4 1/4 cup 1/4 cup 1/3 cup 1 cup</p>	<p>2 1 1 1 2</p>	<p>Mix lightly with the dressing Whole Peeled & Chopped Peel, remove seed and chop Roast and cool Drain and rinse Cooked & Chopped</p>
<p>Steak with Zesty Avocado (7)</p> <p>Review: Good, next time more blue cheese (I only added 1/2 teaspoon this time)</p>	<p>Zesty Avocado Cilantro Buttermilk Dressing Sweet peppers Red onion Mango Avocado Gorgonzola Steak Greens Chives</p>	<p>2 tablespoons 1/2 cup 1 tablespoon 1/4 cup 1/4 1 tablespoon 1/3 cup 1 cup 2 teaspoons</p>	<p>2 1 2 2</p>	<p>Chopped large Peeled & Chopped Peeled & Chopped Peel, remove seed and chop Crumbled Cooked med/rare & Chopped Chopped</p>
<p>Taco Mason Jar Salad (7)</p> <p>Review: NEW</p>	<p>Light ranch Cherry Tomatoes Red onion Carrots Snap peas, stringless Green onions Ground beef & taco spice Cheddar Cheese Mixed Greens</p>	<p>2 tablespoons 6 to 8 1 tablespoon 1/2 cup 1/3 cup 1 tablespoon 1/3 cup 1 tablespoon 1 cup</p>	<p>2 4 1</p>	<p>Whole Peeled & Chopped Peel, shred or dice (or pre-shred) Rinse and pat dry Sliced thin Cook, cool and crumbled Shredded</p>

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

Thai Curry Chicken Salad (5)	Low Calorie honey Dijon		2	
Review: OK	Sweet peppers	1/2 cup		Diced
	Red onion	2 tablespoon		Peeled & Chopped
	Cucumbers	1/4 cup		Peeled & Chopped
	Pineapple	1/4 cup		Peeled & Chopped
	Sesame seeds	1 teaspoon	1	
	Roasted Chicken breast	1/3 cup	2	Cooked & Chopped
	Mixed Greens	1 cup		