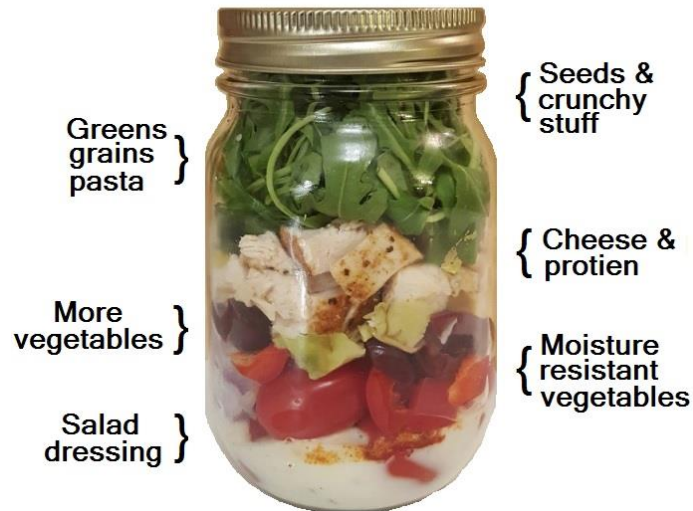


Mason Jar Assembly



	Salad Dressing – 2 Tbsp	Moisture Resist Vegetables	More Vegetables	Cheese & Protein	Greens, grains, pasta, seeds & crunchy stuff
Mediterranean (6)	Greek Dressing (2)	Artichokes Black Olives (1) Cherry tomatoes	Cucumbers Red Onion	Goat Cheese (1) Chick Peas (1) Oregano	Mixed greens
Chopped Cobb (7)	Blue Cheese Dressing (2)	Cherry tomatoes	Cucumbers Red Onion	Egg (1) Bacon (1) Chicken (2) Ham (1)	Mixed greens
Asian Sesame (6)	Asian Dressing (2)	Cherry Tomatoes Red Peppers Bean sprouts	Cucumbers Carrots	Chick Peas (1) Chicken (2)	Mixed Greens Sesame Seeds (1)

<p>Mediterranean (6) Greek dressing – 2 tbsp. (2) Cherry tomatoes – 6-8 Black olives – 1 tbsp (1) Artichokes – 1/2 tbsp (1) Red onion, diced – 1 tbsp. Cucumbers – 1/3 cup Goat cheese – 1 tbsp. (1) Chickpeas – 1/4 cup (1) Oregano – 1/4 tsp Mixed greens – 1 cup</p>	<p>Chopped Cobb Salad (7) Low Cal Ranch – 2 tbsp. (2) Cherry tomatoes – 6 to 8 Red onion, diced – 1 tbsp. Cucumbers, chopped – 1/4 cup Egg, hard boiled – 1/2 egg (1) Bacon, cooked, crumbled – 1 tbsp. (1) Chicken, cooked, skinless – 1/3 cup (1) Ham, cooked, diced – 1/4 cup (1) Cheddar Cheese, shredded – 1 tbsp. (1) Spinach, baby leaves – 1 cup</p>	<p>Asian Sesame (7) Asian dressing - 2 tbsp (2) Cherry tomatoes – 6 to 8 Sweet peppers – 1/4 cup Chick peas, drained – 1/3 cup (2) Bean sprouts - 1/4 cup Shredded carrot – 1/4 cup Cucumbers – 1/4 cup Roasted Chicken breast – 1/2 cup (2) Sesame seeds – 1 tsp (1) Spinach – 1 cup</p>
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