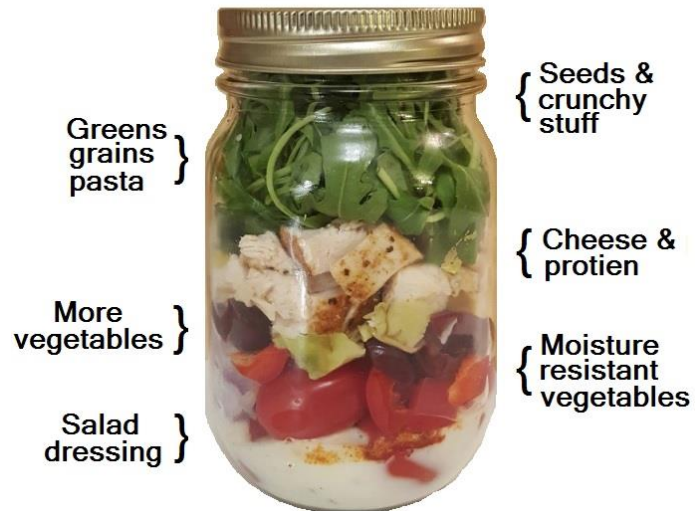


Mason Jar Assembly



	Salad Dressing – 2 Tbsp	Moisture Resist Vegetables	More Vegetables	Cheese & Protein	Greens, grains, pasta, seeds & crunchy stuff
Southwest Black Bean (7)	Low Cal Ranch (2) Fajita seasoning	Cherry tomatoes Red Onion	Avocado (1) Sweet peppers Roasted Corn (1)	Chicken (2) Black beans (1)	
Mediterranean (7)	Greek dressing (2)	Black olives (2) Cherry tomatoes	Cucumbers Red Onion	Feta Cheese (1) Chicken (2)	



<p>Southwest Black Bean (7) Low calorie Ranch – 2 tbsp. (2) Fajita seasoning – 1/2 tsp Cherry tomatoes – 6 to 8 Red onion, diced – 1 tbsp. Avocado – 1/8 cup (1) Sweet peppers Roasted corn – 1/4 cup (1) Black beans – 1/4 cup (1) Roasted chicken breast – 1/2 cup (2)</p>	<p>Mediterranean (7) Greek dressing – 2 tbsp. (2) Cherry tomatoes – 10-12 Black olives – 2 tbsp (2) Red onion, diced – 1 tbsp. Cucumbers – 3/4 cup Feta cheese – 1 tbsp. (1) Roasted chicken breast – 1/2 cup (2)</p>
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