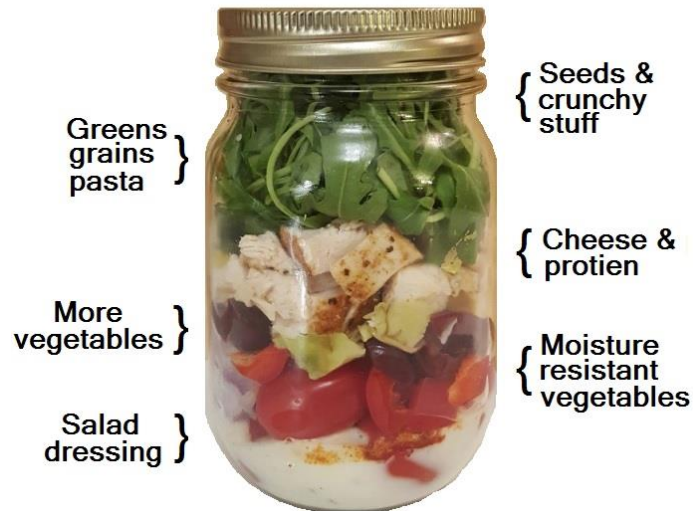


# Mason Jar Assembly



	Salad Dressing – 2 Tbsp	Moisture Resist Vegetables	More Vegetables	Cheese & Protein	Greens, grains, pasta, seeds & crunchy stuff
<b>Chicken fajita (7)</b>	Ranch dressing (2)	Black olives (1) Avocado (1)	Roasted red Peppers* Red Onion	Cheddar cheese (1) Chicken (2)	Mixed greens
<b>Sweet &amp; spicy French (6)</b>	Sweet & spicy French dressing (2)	Cherry tomatoes Sweet peppers	Radishes Red onion	Egg (2) Ham (1)	Mixed greens Flax seed (1)
<b>Asian sesame (7)</b>	Asian dressing (4)	Cherry tomatoes Sweet peppers Bean sprouts	Cucumbers Carrots Red onion	Chicken (1) Chick peas (1)	Mixed greens Sesame seeds (1)

<p><b>Chicken Fajita (7)</b>                      Low calorie ranch – 2 tbsp. (2)                      Fajita seasoning – 1/4 tsp                      Cherry tomatoes – 6-8                      Black olives – 1 tbsp (1)                      Avocado – 1/4 (1)                      Roasted red peppers – 1/4 cup                      Red onion, diced – 1 tbsp.                      Cheddar cheese, shredded – 1 tbsp. (1)                      Roasted chicken breast – 1/2 cup (2)                      Mixed greens – 1 to 2 cups</p>	<p><b>Sweet &amp; Spicy French (6)</b>                      French dressing – 2 tbsp. (2)                      Cherry tomatoes – 6 to 8                      Sweet peppers – 1/4 cup                      Radishes, sliced – 1/4 cup                      Red onion, diced – 1 tbsp.                      Egg, hard boiled – 1 egg (2)                      Ham, cooked, diced – 1/4 cup (1)                      Mixed greens – 1 to 2 cups                      Flax seeds – 1 tsp (1)</p>	<p><b>Asian Sesame (7)</b>                      Asian dressing - 2 tbsp (4)                      Cherry tomatoes – 6 to 8                      Sweet peppers – 1/4 cup                      Chick peas, drained – 1/4 cup (1)                      Bean sprouts - 1/4 cup                      Shredded carrot – 1/4 cup                      Cucumbers – 1/4 cup                      Roasted chicken breast – 1/3 cup (1)                      Sesame seeds – 1 tsp (1)                      Spinach – 1 to 2 cups</p>
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