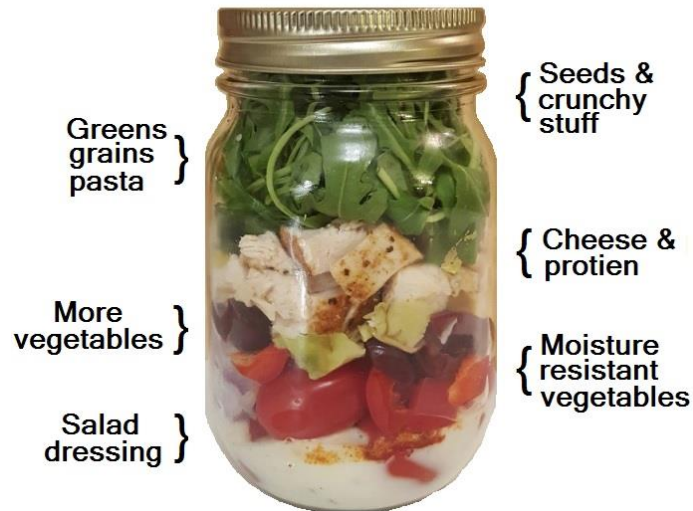


Mason Jar Assembly



	Salad Dressing – 2 Tbsp	Moisture Resist Vegetables	More Vegetables	Cheese & Protein	Greens, grains, pasta, seeds & crunchy stuff
Chicken fajita (7)	Ranch dressing (2)	Black olives (1) Avocado (1)	Roasted red Peppers* Red Onion	Cheddar cheese (1) Chicken (2)	Mixed greens
Black bean & quinoa (6)	Balsamic vinegar (2)	Blueberries Cherry tomatoes	Cucumbers Red onion	Black beans (2)	Quinoa (2) Spinach
Mixed salad with chick peas (7)	Asian dressing (4)	Cherry tomatoes Sweet peppers	Cucumbers Celery	Goat cheese (1) Chick peas (1)	Spinach Flax seeds (1)

<p>Chicken Fajita (7) 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>Black bean & quinoa (6) Balsamic vinegar – 2 tbsp. (2) Blueberries – 1/3 cup Cherry tomatoes – 6 to 8 Cucumbers – 1/3 cup Red onion, diced – 1 tbsp. Black beans – 1/3 cup (2) Quinoa – 1/3 cup (2) Spinach – 1 to 2 cups</p>	<p>Mixed salad with chick peas (7) Asian dressing - 2 tbsp (4) Cherry tomatoes – 6 to 8 Sweet peppers – 1/4 cup Cucumbers – 1/4 cup Celery – 1/4 cup Goat cheese – 1 tbsp (1) Chick peas, drained – 1/4 cup (1) Spinach – 1 to 2 cups Flax seeds (1)</p>
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