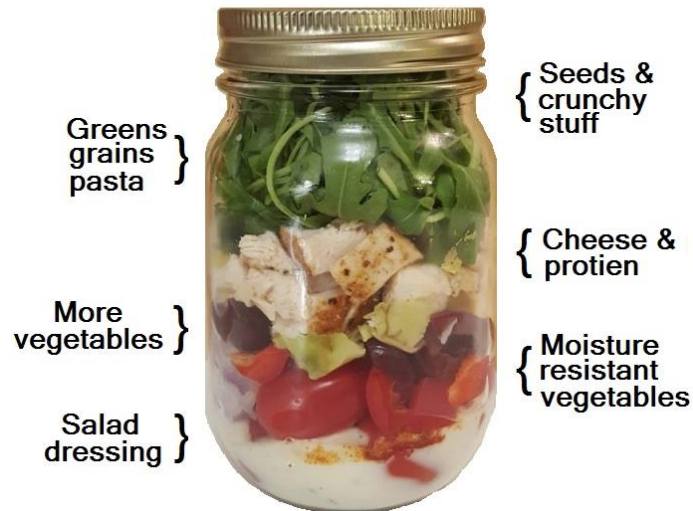


# Mason Jar Assembly



	Salad Dressing – 2 Tbsp	Moisture Resist Vegetables	More Vegetables	Cheese & Protein	Greens, grains, pasta, seeds & crunchy stuff
<b>Chicken Caesar with Kale (7)</b>	Low Cal Caesar (2)	Cherry tomatoes Red Onion	Cucumbers	Bacon (2) Chicken (2) Parmesan (1)	Romaine/ Spinach/Kale
<b>Loaded Tuna (7)</b>	Olive Oil salad dressing (2)	Celery Red Onion	Carrots	Tuna (1) Cheddar cheese (1)	Rotini (3) Zucchini Green onions
<b>Asian sesame (7)</b>	Asian dressing (4)	Cherry tomatoes Sweet peppers Bean sprouts	Cucumbers Carrots Red onion	Chicken (2) Chick peas	Mixed greens Sesame seeds (1)

<b>Chicken Caesar with Kale (7)</b> Low calorie Caesar – 2 tbsp. (2) Cherry tomatoes – 6 to 8 Red onion, diced – 1 tbsp. Cucumbers – 1/3 cup Roasted chicken breast – 1/2 cup (2) Bacon, pre-cooked – 2 tbsp (2) Parmesan, grated – 1 tsp (1) Kale/spinach – 1 cup Romaine (for the crunch) – 1 cup	<b>Loaded Tuna (7)</b> Olive Oil Salad dressing – 2 tbsp. (2) Celery – 1/3 cup Red onion, diced – 1 tbsp. Carrots, shredded – ½ cup Tuna ½ can (1) Cheddar cheese, shredded – 1 tbsp. (1) Rotini, gluten free – 1/3 cup (3) Zucchini, spiral – 1/3 cup Green onion, thinly sliced – 2 tbsp.	<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
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