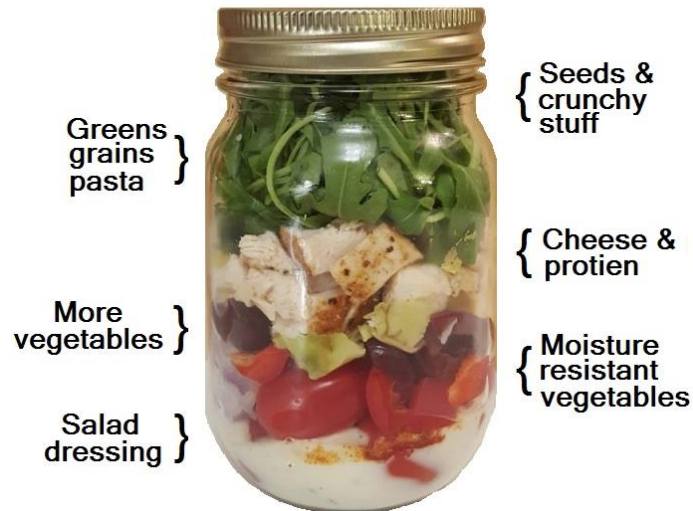


Mason Jar Assembly



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

Poppy seed chicken & bacon (7) Poppy seed dressing – 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 to 2 cups	Loaded Tuna (7) 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.	Asian Sesame (7) 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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