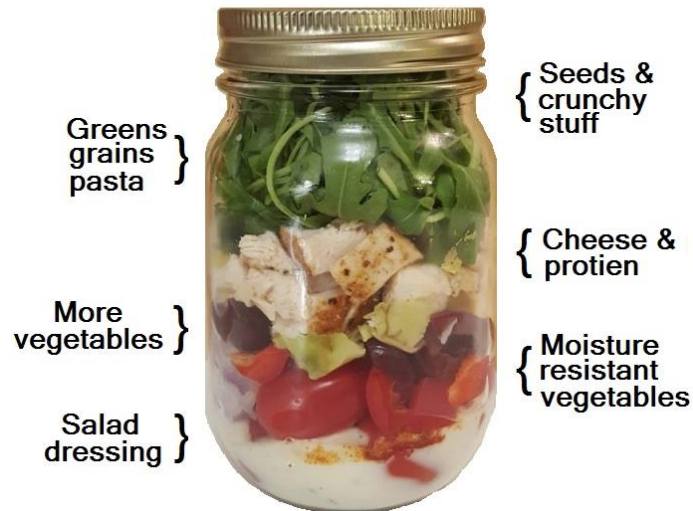


Mason Jar Assembly



	Salad Dressing – 2 Tbsp	Moisture Resist Vegetables	More Vegetables	Cheese & Protein	Greens, grains, pasta, seeds & crunchy stuff
Chicken Caesar with Romaine & Spinach (7)	Low Cal Caesar (2)	Cherry tomatoes Red Onion	Cucumbers	Bacon (2) Chicken (2) Parmesan (1)	Romaine/ Spinach/
Chopped Cobb (7)	Blue Cheese Dressing (2)	Cherry tomatoes	Cucumbers Red Onion	Egg (1) Bacon (1) Chicken (2) Ham (1)	Mixed greens
Loaded Tuna (7)	Olive Oil salad dressing (2)	Celery Red Onion	Carrots	Tuna (1) Cheddar cheese (1)	Rotini (3) Zucchini Green onions

Chicken Caesar with Romaine & Spinach (7) 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) Spinach – 1 cup Romaine (for the crunch) – 1 cup	Chopped Cobb Salad (7) Low Cal Ranch – 2 tbsp. (2) Cherry tomatoes – 6 to 8 Red onion, diced – 1 tbsp. Cucumbers, chopped – 1/4 cup Egg, hard boiled – 1/2 egg (1) Bacon, cooked, crumbled – 1 tbsp. (1) Chicken, cooked, skinless – 1/3 cup (1) Ham, cooked, diced – 1/4 cup (1) Cheddar Cheese, shredded – 1 tbsp. (1) Spinach, baby leaves – 1 cup	Loaded Tuna (7) Olive Oil Salad dressing – 2 tbsp. (2) Celery – 1/3 cup Red onion, diced – 1 tbsp. Carrots, shredded – 1/2 cup Tuna 1/2 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.
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