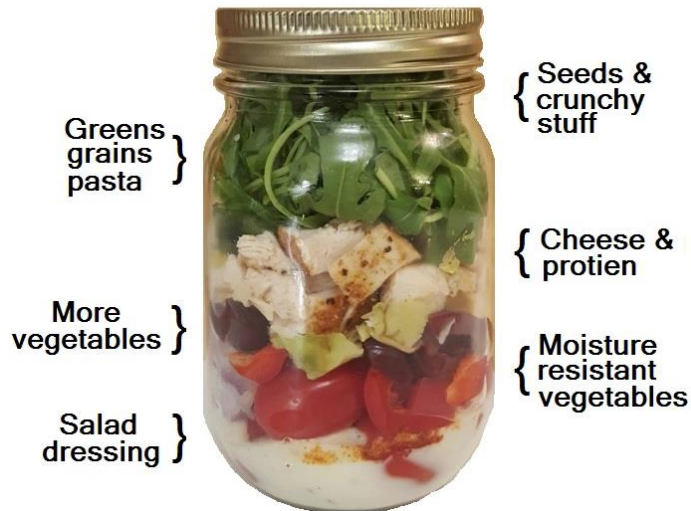


Mason Jar Assembly



	Salad Dressing – 2 Tbsp	Moisture Resist Vegetables	More Vegetables	Cheese & Protein	Greens, grains, pasta, seeds & crunchy stuff
Asian sesame (7)	Asian dressing (4)	Cherry tomatoes Sweet peppers Bean sprouts	Cucumbers Carrots Red onion	Chicken (2)	Mixed greens Sesame seeds (1)
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

Asian Sesame (7) Asian dressing - 2 tbsp (4) Cherry tomatoes – 6 to 8 Sweet peppers – 1/4 cup Bean sprouts - 1/4 cup Shredded carrot – 1/4 cup Cucumbers – 1/4 cup Roasted Chicken breast – 1/2 cup (2) Sesame seeds – 1 tsp (1) Spinach – 1 to 2 cups	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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