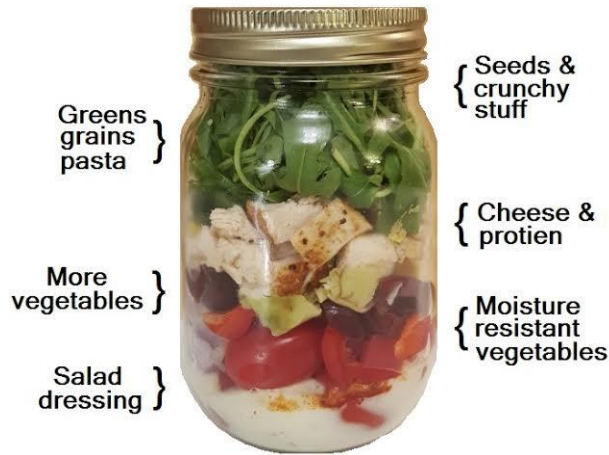


Mason Jar Assembly



	Salad Dressing – 2 Tbsp.	Moisture Resist Vegetables	Other Vegetables	Protein & Cheese	Greens, grains, pasta and Crunchy bits
Egg Salad (7)	Olive Oil Salad dressing (2) Eggs, chopped (4) *Mix with dressing	Celery Red Onion Radish	Peppers	Ham (1)	Mixed Greens
Apple Pecan (7)	Sweet onion (2)	Cherry tomatoes Red Onions	Apples	Chicken (2) Goat Cheese (1)	Pecans (2) Mixed Greens

Egg Salad (7) Olive Oil Salad dressing – 2 tbsp. (2) Eggs, chopped – 2 (4) - Mix with dressing Celery – 1/3 cup Red Onion, diced – 1 tbsp. Radish, sliced – 1 tbsp. Peppers, sliced thin – 1/4 cup Ham, rosemary - 2 slices (1) Mixed Greens – 1 cup	Apple Pecan (7) Low Cal Sweet Onion – 2 tbsp. (2) Cherry tomatoes – 10 to 12 Red onion – 1 tbsp Apples, chunks – 3/4 cup Goat cheese – 1 tbsp (1) Roasted Chicken breast – 1/3 cup (2) Pecans, chopped – 1 tbsp (2) Mixed Greens – 1 cup
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