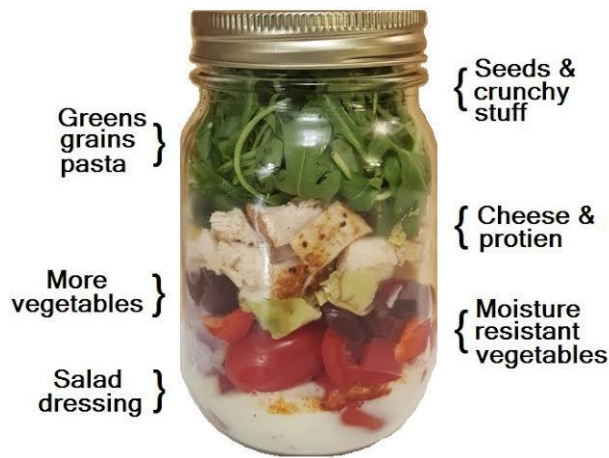


Mason Jar Assembly



	Salad Dressing – 2 Tbsp.	Moisture Resist Vegetables	Other Vegetables	Protein & Cheese	Greens, grains, pasta and Crunchy bits
Asian Sesame (7)	Asian Dressing (4)	Cherry Tomatoes Sweet Peppers	Cucumbers Carrots Bean sprouts	Chicken (2)	Sesame Seeds (1)
Mediterranean (7)	Greek Dressing (2)	Black Olives (2) Cherry tomatoes Red Onion	Cucumbers	Feta Cheese (1) Chicken (2)	

<p>Asian Sesame (7) Asian Dressing – 2 tbsp. (4) Cherry Tomatoes – 6 to 8 Sweet peppers – 1/4 cup Cucumbers – 1/4 cup Carrots, shredded – 1/2 cup Bean sprouts - 1/2 cup Roasted Chicken breast – 1/3 cup (2) Sesame seeds – 1 tsp (1)</p>	<p>Mediterranean (7) Greek dressing – 2 tbsp. (2) Black olives – 2 tbsp (2) Cherry tomatoes – 10 to 12 Red onion – 1 tbsp Cucumbers – 3/4 cup Sweet peppers – 1/4 cup Feta cheese – 1 tbsp (1) Roasted Chicken breast – 1/3 cup (2)</p>
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