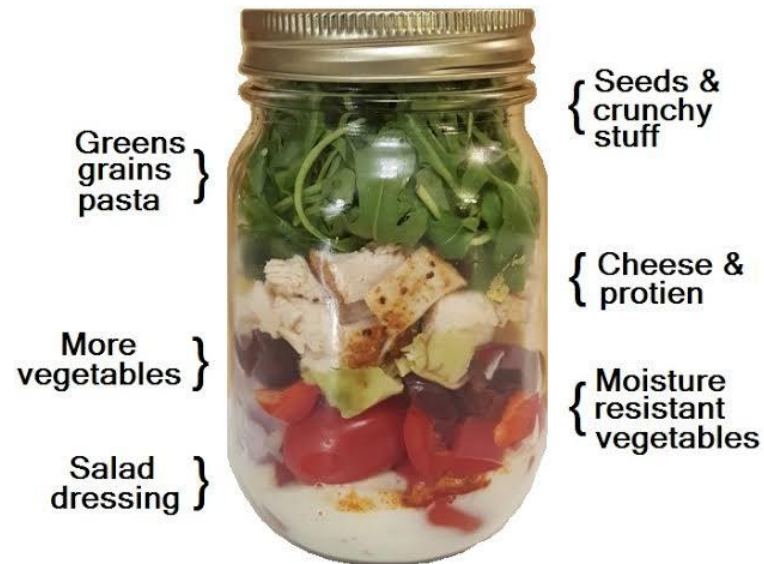


# Master Mason Jar Salad List

## Mason Jar Assembly



## Layering

Salad	Salad Dressing – 2 Tbsp.	Moisture Resist Vegetables	Other Vegetables	Protein & Cheese	Greens, grains, pasta and Crunchy bits
<b>Apple Pecan (7)</b>	Sweet onion (2)	Cherry tomatoes Red Onions	Apples	Chicken (2) Goat Cheese (1)	Pecans (2) Mixed Greens
<b>Asian Sesame (7)</b>	Asian Dressing (4)	Cherry Tomatoes Sweet Peppers	Cucumbers Carrots Bean sprouts	Chicken (2)	Sesame Seeds (1)
<b>Black Bean &amp; Quinoa (6)</b>	Balsamic Vinegar (2)	Blue Berries Cherry tomatoes Red Onion	Cucumbers	Black Beans (2) Quinoa (2)	Spinach
<b>BLT with Egg</b>	Olive Oil Salad Dressing (2)	Cherry Tomatoes Red Onion	Cucumbers	Bacon (2) Egg (2) Cheddar cheese	Mixed Greens
<b>Chicken Caesar (7)</b>	Caesar dressing (2)	Red Onion		Chicken (2)	Kale/baby

				Bacon (2) Parmesan (1)	Romaine
<b>Chicken Fajita (7)</b>	Low Cal Ranch (2) Fajita Seasoning	Cherry Tomatoes Red Onion Black Olives (1)	Roasted Red Peppers Avocado (1)	Cheddar (1) Chicken (2)	Mixed Greens
<b>Chopped Cobb (7)</b>	Low Cal Ranch (2)	Cherry tomatoes Red Onions	Cucumbers	Egg (1) Bacon (1) Ham (1) Chicken (2)	Kale/Spinach
<b>Egg Salad (7)</b>	Olive Oil Salad dressing (2) Eggs, chopped (4) *Mix with dressing	Celery Red Onion Radish	Peppers Green Onion	Ham (1)	Mixed Greens
<b>Greek (7)</b>	Greek Dressing (2)	Black Olives (2) Cherry tomatoes Red Onion	Cucumbers	Feta Cheese (1) Chicken (1)	
<b>Greek with Pasta (7)</b>	Greek Dressing (2)	Black Olives (2) Cherry tomatoes Red Onion	Cucumbers	Feta Cheese (1) Chicken (2) Rotini (1)	
<b>Loaded Tuna Salad (7)</b>	Olive Oil salad dressing (2)	Celery Red Onion	Carrots	Tuna (1) Cheese (1) Rotini (3)	Green onions
<b>Loaded Tuna Salad Keto (5)</b>	Olive Oil salad dressing (2)	Celery Red Onion	Carrots	Tuna (2) Cheese (1)	Zucchini Green onions
<b>Protein Madness (7)</b>	Low Cal Ranch (2)	Cherry tomatoes Red Onions	Corn (1)	Black Beans (2) Chicken (2)	Mixed Greens Cilantro
<b>Mediterranean (7)</b>	Balsamic Vinaigrette Dressing (2)	Artichokes Black Olives (1) Cherry tomatoes	Cucumbers	Parmesan (1) Chicken (2) White cannellini bean (1)	
<b>Mixed with Chickpeas (7)</b>	Low Cal Sesame (2)	Cherry tomatoes Sweet Peppers	Celery Cucumbers	Goat Cheese (1) Chickpeas (3)	Spinach Flax Seeds (1)
<b>Roasted Vegetable Salad (7)</b>	Balsamic Vinaigrette Dressing (2)	Sweet peppers Red onion	Mushrooms Cherry Tomatoes	Goat Cheese (2) Chicken (3)	
<b>Southwest Black Bean</b>	Low Cal Ranch (2) Fajita Seasoning	Cherry tomatoes Red Onion	Avocado (1) Blackened corn	Black Beans (2) Chicken (2)	Mixed Greens
<b>Steak with Zesty Avocado (7)</b>	Zesty Avocado Cilantro Buttermilk Dressing (2)	Sweet peppers Red onion	Mango Avocado (1)	Gorgonzola (2) Steak (2)	Greens Chives
<b>Taco Mason Jar Salad (7)</b>	Low Cal Ranch (2)	Cherry tomatoes Red Onion	Carrots Snap Peas Green onion	Ground beef & taco spice (4) Cheddar Cheese (1)	Mixed Greens

<b>Thai Curry Chicken Salad (5)</b>	Low Calorie honey Dijon (2)	Sweet peppers Red onion Pineapple, fresh	Cucumbers	Sesame seeds (1) Chicken (2)	Mixed Greens
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## Measurements

Salad	Ingredient	Measurement	WW SP	Preparation
Apple Pecan (7)  <i>Review: Not great, did not like with the dressing, may try again</i>	Low Cal Sweet Onion Cherry tomatoes Red onion Apples Goat cheese Roasted Chicken breast Pecans Mix greens	2 tablespoons 10-12 1 tablespoons 3/4 cup 1 tablespoon 1/3 cup 1 tablespoon 1 cup	2    1 2 2	Whole Chopped Peeled & Chopped Crumbled Cooked & Chopped Chopped
Asian Sesame (7)  <i>Review: Family favourite</i>	Asian Dressing Cherry Tomatoes Sweet peppers Cucumbers Carrots Bean sprouts Roasted Chicken breast Sesame seeds	2 tablespoons 6 to 8 1/4 cup 1/4 cup 1/2 cup 1/2 cup 1/3 cup 1 teaspoon	4      2 1	Whole Deseeded & Sliced thin Peeled & Chopped Peeled & Shredded  Cooked & Chopped
Black Bean & Quinoa (6)  <i>Review: OK, not awesome</i>	Fat free Balsamic Vinegar Blue Berries Cherry Tomatoes Red onion Cucumbers Black beans Quinoa Baby Spinach	2 tablespoons 1/4 cup 6 to 8 1 tablespoon 1/4 cup 1/3 cup 1/3 cup 1 cup	2     2 2	Whole Peeled & Chopped Peeled & Chopped Drained & Rinsed Cooked & cooled

BLT with Egg (7)  <b>Review: Family favourite</b>	Olive Oil Salad Dressing Garlic powder Cherry Tomatoes Red Onion Cucumbers Bacon Hard-boiled egg Cheddar Cheese Mixed Greens	2 tablespoons 1/4 teaspoon 6 to 8 1 tablespoon 1/3 cup 2 Slices 1 egg 1 tablespoon 1 cup	2     2 2 1	Mix salad dressing with garlic powder Whole Peeled & Chopped Peeled & Chopped Cooked and Crumbled Boil, cook and chop Shredded
Chicken Caesar with Kale (7)  <b>Review: Family favourite</b>	Garlic Red onion Roasted Chicken breast Bacon Parmesan Romaine/Kale Low Calorie Caesar	1/2 clove 1 tablespoon 1/3 cup 2 Slices 1 tablespoon 1 cup 2 tablespoons	  2 2 1  2	Peeled & finely diced Peeled & minced Cooked & Chopped Cooked and Crumbled Grated  In an applesauce container on top
Chicken Fajita (7)  <b>Review: Family favourite</b>	Low Calorie Ranch Fajita Seasoning Cherry Tomatoes Red onion Black olives Roasted Red Peppers Avocado Cheddar Cheese Roasted Chicken breast Mixed Greens	2 tablespoons 1 teaspoon 6 to 8 1 tablespoon 4 1/4 cup 1/4 1 tablespoon 1/3 cup 1 cup	2    1  1 1 2	Mix lightly with the dressing Whole Peeled & Chopped Sliced in half Cut into large pieces Peel, remove seed and chop Shredded Cooked & Chopped
Chopped Cobb (7)  <b>Review: OK, not awesome</b>	Light ranch Cherry Tomatoes Red onion Cucumbers Hard-boiled egg Bacon Ham Roasted Chicken breast Mixed Greens	2 tablespoons 6 to 8 1 tablespoon 1/2 cup 1/2 egg 1 Slice 1/4 cup 1/3 cup 1 cup	2    1 1 1 2	Whole Peeled & Chopped Peeled & Chopped Boil, cook and chop Cooked and Crumbled Chopped fine Cooked & Chopped

Egg Salad (7)  Review: Only good stored for 1 day	Olive Oil Salad dressing Eggs, chopped Celery Red onion Radish, sliced Peppers, sliced thin Green Onion Ham, rosemary Mixed Greens	2 tablespoons 2 eggs 1/3 cup 1 tablespoon 1 tablespoon 1/4 cup 2 tablespoons 2 slices 1 cup	2 4     1	Boil, cook, chop and mix with dressing Chopped thin Peeled & Chopped Peeled & Chopped Sliced thin and chopped Chopped Diced
Greek (7)  Review: Family favourite	Greek dressing Black olives Cherry Tomatoes Red onion Cucumbers Sweet peppers Feta cheese Roasted Chicken breast	2 tablespoons 6 10 to 12 1 tablespoon 3/4 cup 1/2 cup 1 tablespoon 1/3 cup	2 2    1 2	Sliced in half Whole Peeled & Chopped Peeled & Chopped Chopped large Crumbled Cooked & Chopped
Greek with Pasta (7)  Review: Great	Greek dressing Black olives Cherry Tomatoes Red onion Cucumbers Sweet peppers Feta cheese Rotini, gluten free Roasted Chicken breast	2 tablespoons 6 10 to 12 1 tablespoon 3/4 cup 1/2 cup 1 tablespoon 1/4 cup 1/4 cup	2 2    1 1 1	Sliced in half Whole Peeled & Chopped Peeled & Chopped Chopped large Crumbled Boil, cook Cooked & Chopped
Loaded Tuna Salad (7)  Review: Good, but only good for 3 days	Olive Oil Salad dressing Celery Red onion Carrots Tuna Cheddar Cheese Rotini, gluten free Zucchini, spiral Green Onion	2 tablespoons 1/3 cup 2 tablespoons 1/2 cup 1/2 can 1 tablespoon 1/3 cup 1/3 cup 2 tablespoons	2    1 1 3  	Chopped thin Peeled & Chopped Peel, shred or dice Drain Shredded Boil, cook Spiraled Chopped

Mediterranean (7)  <b>Review: Family favourite</b>	Balsamic Dressing Artichokes Black olives Cherry Tomatoes White cannellini bean Cucumbers Parmesan Roasted Chicken breast	2 tablespoons 1/4 cup 3 10 to 12 1/4 cup 1/2 cup 1 tablespoon 1/3 cup	2  1  1 1 1 2	Drained & chopped Sliced in half Whole Drained & Rinsed Chopped large Grated Cooked & Chopped
Roasted Vegetable Salad (7)  <b>Review: Great</b>	Balsamic Vinaigrette Dressing Sweet peppers Red onion Mushrooms Goat Cheese Cherry Tomatoes Roasted Chicken breast	 1/2 2 tablespoons 1/ cup 2 tablespoons 6 to 8 1/2 cup	   2 2 3	Grilled & Chopped Roasted & Chopped Roasted & Chopped Crumbled Roasted & Whole Cooked & Chopped
Southwest Black Bean (7)  <b>Review: Great</b>	Light ranch Fajita Seasoning Cherry Tomatoes Red onion Avocado Roasted corn Black beans Roasted Chicken breast Mixed Greens	2 tablespoons 1/2 teaspoon 6 to 8 1 tablespoon 1/4 1/4 cup 1/4 cup 1/3 cup 1 cup	2   1 1 1 2	Mix lightly with the dressing Whole Peeled & Chopped Peel, remove seed and chop Roast and cool Drain and rinse Cooked & Chopped
Steak with Zesty Avocado (7)  <b>Review: Good, next time more blue cheese (I only added 1/2 teaspoon this time)</b>	Zesty Avocado Cilantro Buttermilk Dressing Sweet peppers Red onion Mango Avocado Gorgonzola Steak Greens Chives	2 tablespoons  1/2 cup 1 tablespoon 1/4 cup 1/4 1 tablespoon 1/3 cup 1 cup 2 teaspoons	2   1 2 2	Chopped large Peeled & Chopped Peeled & Chopped Peel, remove seed and chop Crumbled Cooked med/rare & Chopped  Chopped

Taco Mason Jar Salad (7)  Review: NEW	Light ranch Cherry Tomatoes Red onion Carrots Snap peas, stringless Green onions Ground beef & taco spice Cheddar Cheese Mixed Greens	2 tablespoons 6 to 8 1 tablespoon 1/2 cup 1/3 cup 1 tablespoon 1/3 cup 1 tablespoon 1 cup	2      4 1	Whole Peeled & Chopped Peel, shred or dice (or pre-shred) Rinse and pat dry Sliced thin Cook, cool and crumbled Shredded
Credit: <a href="http://www.freshmama.net/2015/10/mason-jar-taco-salad-21-day-fix-approved.html">http://www.freshmama.net/2015/10/mason-jar-taco-salad-21-day-fix-approved.html</a>				
Thai Curry Chicken Salad (5)  Review: OK	Low Calorie honey Dijon Sweet peppers Red onion Cucumbers Pineapple Sesame seeds Roasted Chicken breast Mixed Greens	1/2 cup 2 tablespoon 1/4 cup 1/4 cup 1 teaspoon 1/3 cup 1 cup	2     1 2	Diced Peeled & Chopped Peeled & Chopped Peeled & Chopped  Cooked & Chopped