



Black Bean Salad in a Jar

1-wide mouth quart or pint size jar

Serves 1

Ingredients:

¼ cup salsa
2 oz. plain Greek Yogurt
1/3 cup cherry tomatoes, halved
1 T red onion, chopped
1/3 can black beans, drained and rinsed
3 oz. frozen corn, thawed
1/3 avocado peeled and chopped
1 oz. pepper jack cheese cut into mini cubes
1 T chopped cilantro
1 cup chopped romaine
½ lime

Directions:

In the Mason jar pour ¼ cup salsa.

IN THIS ORDER ADD:

Greek Yogurt
Juice from the ½ of lime
Cherry Tomatoes
Onions
Black Beans
Corn
Avocado
Cheese
Romaine
Cilantro

When ready to eat pour into a bowl and enjoy!



Chicken Spinach Salad

1-wide mouth quart or pint size jar

Serves 1

Ingredients

For the Mustard-Thyme Vinaigrette:

1 ½ tsp red wine vinegar
1 ½ tsp Dijon mustard
1/8 tsp fresh thyme
¼ tsp raw honey
pinch of salt
pinch of black pepper
1 ¼ T extra virgin olive oil

For the Salad Jars:

2 oz. cooked chicken breast, chopped
½ cups red grapes, halved
2T walnuts, roughly chopped
2T feta cheese
1 to 2 cups spinach

Directions:

In bottom of jar whisk together red wine vinegar, Dijon mustard, thyme, salt, black pepper, olive oil and honey.

IN THIS ORDER ADD:

Chicken
Grapes
Walnuts
Feta
Spinach

When ready to eat pour into a bowl and enjoy!



Burrito Bowl Mason Jar Salad

5-wide mouth quart or pint size jar

Serves 5

Ingredients

For the quinoa:

1 cup quinoa
2 cups water
½ tsp salt
juice and zest of one lime or 2 T lime juice
¼ cup chopped cilantro

For the chicken:

2 large chicken breasts
2 tsp salt
1 T coconut oil

For the sweet potatoes:

1 large sweet potato, washed, with ends cut off
1 T coconut oil
Pinch of salt

Other ingredients

3 cups chopped lettuce
5 T plain Greek yogurt
¾ cup shredded cheese
½ cup chopped fresh cilantro

Directions:

For the quinoa:

1. Add the quinoa, water and salt to medium size pot. Bring to boil over medium heat. When it has reached a boil, cover and cook for 20-25 minutes, or until the quinoa is soft and fluffy
2. Set the quinoa aside to cool.
3. When it has cooled, add the lime juice, lime zest, and ¼ cup chopped cilantro to the quinoa and stir to evenly distribute the ingredients. Taste and add more lime or cilantro as needed.

For the chicken:

1. Dry off chicken breasts with paper towels and season both sides of each breast with 2 T of salt.
2. In large skillet, heat 1 T coconut oil over medium-high heat until the oil is very hot.
3. Add the chicken breasts to the hot skillet, and cook for about 4 minutes on each side. Both sides should have a pretty brown sear to them.
4. When the chicken breasts are cooked all the way through, remove them to a cutting board to cool. Once they've cooled, cut the chicken into small chunks, about ½ square inch

For the sweet potatoes:

1. Cut up sweet potato into tiny chunks, about ½ square inch each
2. Add sweet potatoes to microwave safe dish with 1 T coconut oil and pinch of salt

3. Microwave for 6 minutes, stirring every 2 minutes

IN THIS ORDER ADD:

1 T plain Greek Yogurt

2 T sweet potato cubes

3-4 T cilantro lime quinoa

1-2 T cheese

2 oz. chicken (substitute beans for chicken to make this vegetarian)

Fill remaining space with lettuce and sprinkle some additional chopped cilantro on the top before screwing on the lid.

When ready to eat pour into a bowl and enjoy!



Steak and Berry Salad

1-wide mouth quart or pint size jar

Serves 1

Ingredients

2 T Balsamic Dressing

4 oz. lean steak or ground turkey, diced/crumbled

½ cup strawberries and blueberries

1-2 cups spinach

Directions:

For steak:

Season with salt, pepper, and garlic salt

Grill or broil in oven until done to your liking

Cut- up in 1" pieces

(If you are going to substitute ground turkey-cook up ground turkey, add salt, pepper, garlic salt)

IN THIS ORDER ADD:

Balsamic Dressing

Steak or Turkey

Strawberries and blueberries

Spinach

When ready to eat pour into a bowl and enjoy!



Taco Mason Jar Salad

1-wide mouth quart or pint size jar

Serves 1

Ingredients

1/2 cup ground turkey with taco seasoning

1-2 cups baby spinach and/or Romaine

¼ cup grape tomatoes, halved

¼ cup grated carrot

1/8 cup red onion

¼ cup chopped sugar snap peas

2 T light ranch dressing or salsa

Directions

IN THIS ORDER ADD:

Ranch dressing or salsa

Tomatoes

Carrot

Onion

Sugar Snap Peas

Ground Turkey

Spinach and/or Romaine

When ready to eat pour into a bowl and enjoy!



Caprese Mason jar Salad

1-wide mouth quart or pint size jar

Serves 1

Ingredients:

2 T Balsamic Dressing
2 oz. cooked chicken breast, chopped
½ cup cherry tomatoes
½ avocado, halved, seeded, peeled and diced
2 T basil leaves
2 cups romaine lettuce
3 oz. fresh mozzarella

Directions:

IN THIS ORDER ADD:

Balsamic dressing
Tomatoes
Chicken
Avocado
Mozzarella
Basil
Lettuce

When ready to eat pour into a bowl and enjoy!