



MASON JAR SALAD

By Dr. Cindy Tanzar
(Standard)

When looking for an easy way to have lunch or dinner while on the go, mason jar salads are your perfect answer. Your dressing (fat) is already in the jar, along with your vegetables and protein. You can either include your fruit or bring it in a baggie or container on the side. Wider mouth jars are easiest, but not necessary. You can mix the ingredients up in a variety of ways so that you don't get bored. Chop your veggies, etc., on the weekend and just fill the jar the evening before you leave or in the morning. If you're on maintenance, add in some feta cheese or additional nuts or seeds. You can also substitute the olive oil and vinegar for a Primal Kitchen dressing that you enjoy.

Makes 1 serving. This recipe covers one full meal, unless you omit the fruit.



INGREDIENTS

2 Tbsp. extra virgin olive or avocado oil

1 Tbsp. Balsamic or red wine vinegar

Stevia drops to taste, if desired

1/2 tsp. pink Himalayan salt

1/4 tsp. ground black pepper

1 cup chopped, sliced or diced vegetables (tomato, cucumber, red or sweet onion, celery, peppers, canned artichoke quarters, cauliflower, celery, broccoli, etc.)



3 oz. diced chicken breast, salmon, tuna or 2-3 chopped eggs
1 cup chopped organic romaine lettuce (packed to measure)
1 cup strawberries, sliced (optional)

INSTRUCTIONS

Whisk together the oil, vinegar, sea salt & pepper until well blended and emulsified or shake it in a small container and pour it into the bottom of the jar. (Omit this step if using a bottled dressing and just pour 3 Tbsp).

Layer your remaining ingredients in this order:

- Harder crisp vegetables (onion, cucumber, zucchini, etc.)
- Chicken, salmon or tuna
- Eggs or cheese
- Soft vegetables (mushrooms, tomatoes) or berries
- Greens
- Nuts/seeds

Cover the jar with a lid and refrigerate until ready to eat (up to 3-5 days)

When ready to eat, shake the jar vigorously, mixing well, and pour into a bowl to eat. If on the road, eat straight from the jar!