

Recipe 1

Mediterranean Salad

- 3 Tbsp Greek vinaigrette dressing (if purchasing)*
- 1/2 cup chopped cucumbers
- 1/2 cup diced green and red pepper
- 1/4 cup pitted and halved Kalamata olives
- 1/2 cup diced tomatoes
- 1/4 cup sliced red onions
- 2 cups chopped mixed greens
- 1/4 cup crumbled feta cheese

1. Layer the ingredients in the order listed into the mason jar. Secure the lid onto the jar and refrigerate.
2. When you're ready to eat, simply shake, stir and enjoy!

Greek Vinaigrette Dressing

- 1/2 cup red wine vinegar
- 2 Tbsp lemon juice
- 1 tsp dried oregano
- salt and pepper to taste
- 1 garlic clove, minced
- 1 Tbsp Dijon mustard
- 1/4 cup olive oil

- Combine dressing ingredients in a medium sized bowl and mix well.



Recipe 3

Spinach Salad

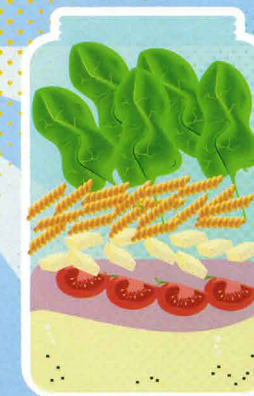
- 3 Tbsp balsamic vinegar dressing*
- 1/2 cup diced cherry tomatoes
- 1/4 cup cubed mozzarella or bocconcini cheese
- 1/2 cup whole grain Fusilli pasta, cooked
- 2 cups baby spinach

1. Layer the ingredients in the order listed into the mason jar. Secure the lid onto the jar and refrigerate.
2. When you're ready to eat, simply shake, stir and enjoy!

Balsamic Vinegar Dressing

- 1/4 cup balsamic vinegar
- 2 tsp brown sugar
- 1/2 tsp salt
- 1 tsp minced garlic
- 1/2 cup olive oil
- 1/2 tsp pepper

- Combine dressing ingredients in a medium sized bowl and mix well.



Recipe 2

Spicy Taco Salad

- 1/4 cup salsa (optional mix with 2 Tbsp plain Greek yogurt)
- 1/2 cup diced green and red pepper (and/or mixed beans)
- 1/2 cup diced cherry tomatoes
- 1/4 avocado diced
- 1/2 cup extra lean ground turkey (cooked in chili powder)
- 2 cups chopped romaine lettuce

1. Layer the ingredients in the order listed into the mason jar. Secure the lid onto the jar and refrigerate.

2. When you're ready to eat, simply shake, stir and enjoy!



Make Your Own



Shake & Eat!

Pour 1 to 3 tablespoons of your favourite salad dressing into the jar! Add veggies that are dense, such as carrots, peppers, broccoli, etc. These create a barrier between the dressing and other veggies and lettuce. This step is key to a crisp salad! Add softer veggies or fruits. Add grains or legumes like quinoa, couscous, lentils or chick peas. Add greens such as spinach, arugula or mixed greens. Top with protein such as tofu, chicken, cheese or nuts. Pack the ingredients tightly, the less air in the jar, the longer the salad will last. Keep this in your fridge for 3-5 days.

Greens, Grains, Pasta & Crunchy Bits

Protein

Other Veggies

Moisture Resistant Veggies

Wet Ingredients & Dressing