Mason Jar Salad

Protein Power Salads

INGREDIENTS
POWER SALAD

Bottom layer (dressing):

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp whole grain mustard
- 1 shallot diced
- Salt & pepper to taste

Crunchy layer:

- ¼ cup diced cucumber
- ¼ cup chopped celery
- ¼ cup shredded carrots

Hearty protein layer:

- 2 hard-boiled eggs, chopped (12g)
- ½ cup cooked lentils (9g)
- 2 tbsp sunflower seeds (5g)

Optional soft add-in:

- ¼ cup roasted sweet potato

Top layer (greens):

- 1 cup chopped kale
- Keeps well for up to 3 days in the fridge or cooler bag with an ice pack.

INGREDIENTS
CHICKEN AND QUINOA RAINBOW SALAD

Chicken & Quinoa Rainbow Jar (35g protein)

Bottom layer (dressing):

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp maple syrup
- 1 small garlic clove minced
- Pinch of garlic powder, salt & pepper
- (Whisk with water to thin slightly)

Crunchy layer:

- ¼ cup chopped red bell pepper
- ¼ cup diced cucumber
- ¼ cup shredded purple cabbage

Hearty protein layer:

- ¾ cup grilled or roasted chicken breast, chopped (30g)
- ¼ cup cooked quinoa (2g)
- 1 tbsp hemp seeds (3g)

Top layer (greens):

- 1 cup arugula or mixed greens

›› Bright, filling, and satisfying. Keeps well for 2–3 days refrigerated or in a cooler bag.