HOW TO BUILD A SALAD IN A JAR

Step One:
Add 1-4 tbsp of salad dressing

Step Two:
Hard, chopped veggies: carrots, cucumbers, red and green peppers, cooked beets

Step Three:
Beans, pasta, or grains: quinoa, brown or wild rice, chickpeas, whole wheat pasta

Step Four:
Cheeses and proteins: crumbled or shredded cheese, diced eggs or meats

Step Five:
Softer fruits, veggies, nuts & seeds: strawberries, avocado, walnuts, sunflower seeds

Step Six:
Salad greens: romaine, kale, leaf lettuce, spring mix, shredded lettuce

When ready to eat, shake the jar & mix gently with a fork!