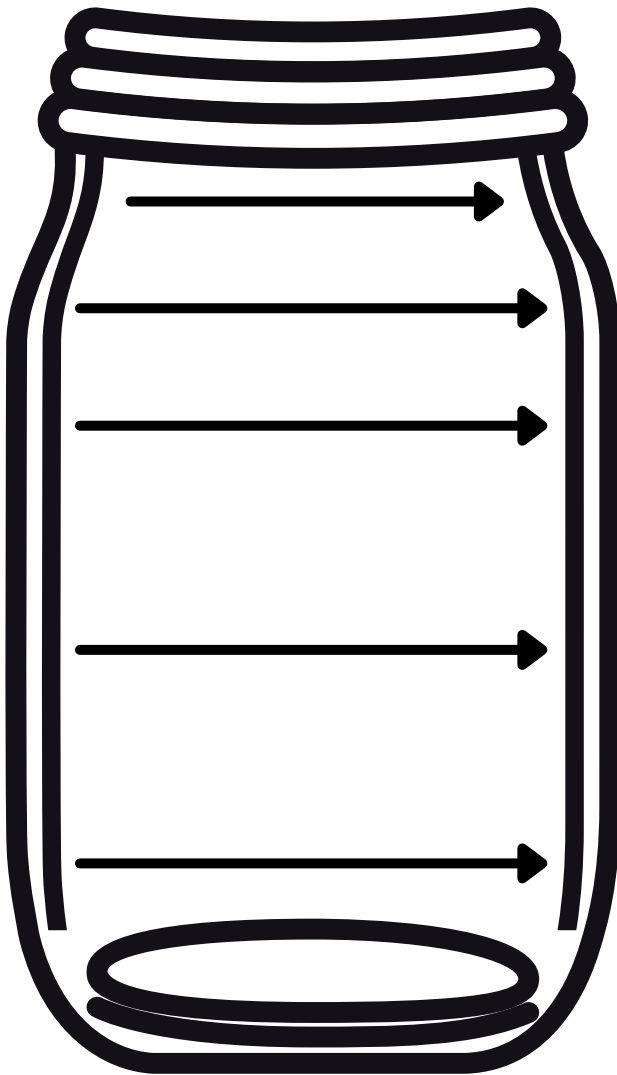


Building the Perfect Mason Jar Salad



Screw on the lid. Store in the fridge until ready to use.

Shake just before using

Layer 5 - Leafy Greens

Spinach, lettuce, arugula, herbs

Layer 4 - Softer Vegetables

Tomatoes, corn, cucumbers

Layer 3 - Crunchy Vegetables

Carrots, celery, peas, radish, peppers, kohlrabi. They'll soak up the dressing.

Layer 2 - Protein

Add in your protein next. Nuts, beans, cheese, pork, or chicken. No egg though!

Layer 1 - Dressing

Use about 2-4 Tablespoons and pour it into the jar.

Simply pour out onto a plate and everything will fall into place. If you're in a hurry, you could just shake up the jar well and eat right from it!

Note: When adding hard-boiled egg, leave it unpeeled and place it at the very top. Just peel and add to your salad when you are ready to eat.

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